DOCUMENT RESUME

ED 365 924 CG 025 188

AUTHOR	Balding, John
TITLE	Young People in 1992.
INSTITUTION	Exeter Univ. (England). School of Education. HEA Schools Health Education Unit.
REPORT NO	ISBN-85068-129-4
PUB DATE	93
NOTE	315p.; For the Primary Health Behaviour Questionnaire results, see CG 025 187.
AVAILABLE FROM	Schools Health Education Unit, School of Education, University of Exeter, Heavitree Road, Exeter EX1 2LU, England, United Kingdom (15.50 British pounds).
PUB TYPE	Reports - Research/Technical (143) -- Tests/Evaluation Instruments (160)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Adolescents; Age Differences; Dental Health; Drug Use; Elementary Secondary Education; Foreign Countries; *Health; Interpersonal Competence; Nutrition; Physicians; *Preadolescents; Safety; Sex Differences; *Student Attitudes; *Student Behavior
IDENTIFIERS	*United Kingdom

ABSTRACT

This document contains the results of the Health Related Behaviour Questionnaire which was administered to 20,218 students between the ages of 11 and 15 years in schools in England in 1992. The preliminary sections of the report explain the questionnaire and the survey, list the Schools Health Education Unit's databanks, describe the 1992 sample, and discuss the Unit's major report on trends across age groups and time, "Young People into the Nineties" (which is not included). The major text of the report is divided into eight groups, each dealing with a different health-related topic. For each group, actual survey questions are posed and tables provide percentage responses for boys and for girls in years 7, 8, 9, and 10 of school. Each question and table of results is followed by a brief commentary on the findings. Group 1 questions focus on diet and nutrition; group 2 questions deal with doctor and dentist visits; and group 3 questions focus on health and safety. Group 4 questions relate to leisure-time activities and the student's home routine; group 5 questions concern smoking, drinking, and drug use; and group 6 questions examine working for money, levels of income, and things on which students spend money. Group 7 questions deal with physical fitness and sports. Group 8 questions refer to social relationships, sources of information about sex, and problem-sharing. Also included are questions about Acquired Immune Deficiency Syndrome (AIDS) awareness. The survey itself is appended. (NB)

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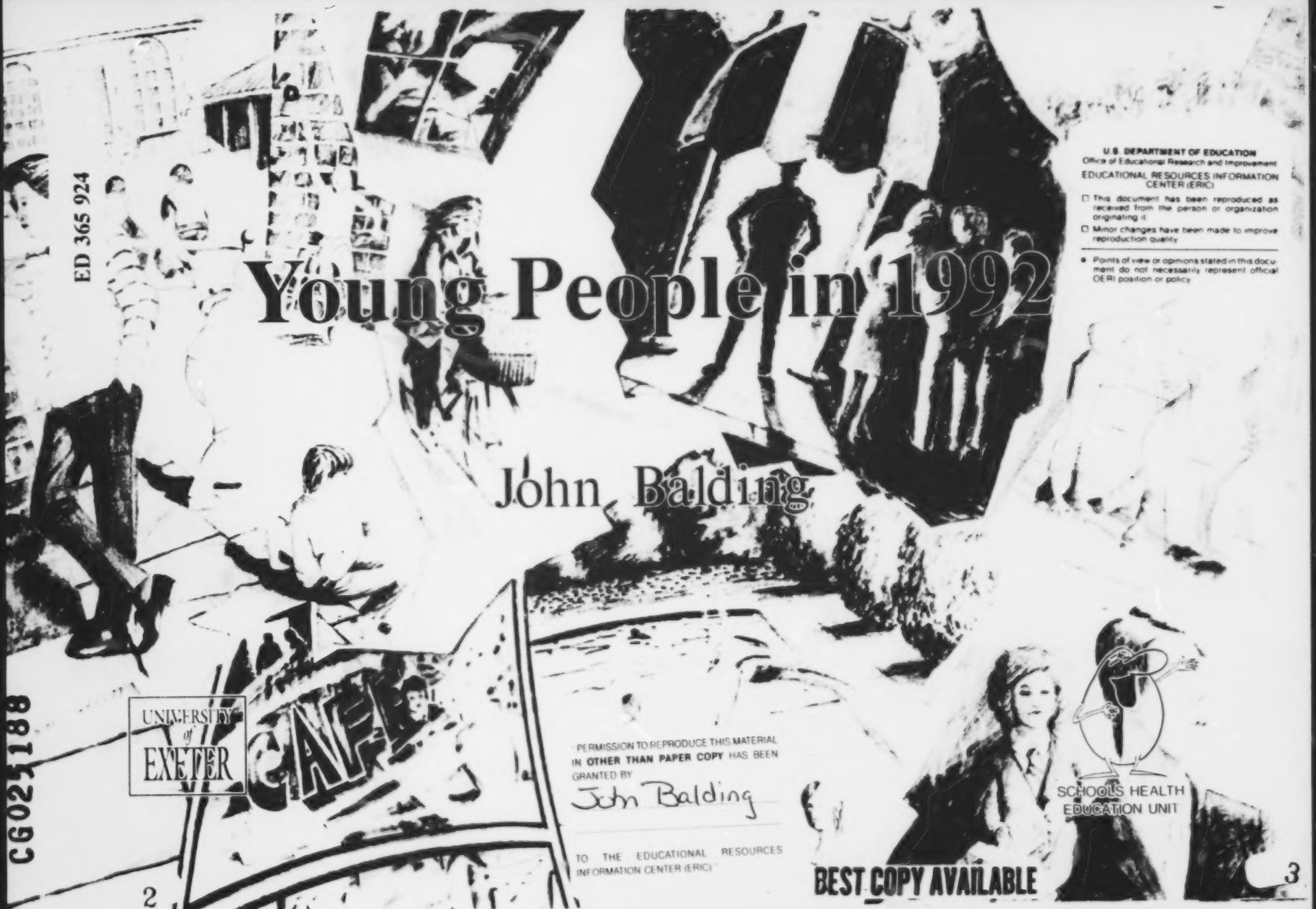
Young People in 1992

John Balding



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Young People in 1992

The Health Related Behaviour Questionnaire results for 20,218 pupils between the ages of 11 and 15

John Balding
Director

Schools Health Education Unit
University of Exeter
1993

Published by
Schools Health Education Unit, School of Education,
University of Exeter, Heavitree Road, Exeter EX1 2LU
(0392 264722)

First published 1993
© John Balding

ISBN 85068 129 4

Young People in 1992 is the seventh in a series of annual reports on results gained from data collected from the Health Related Behaviour Questionnaire survey method.

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The Schools Health Education Unit

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The support received from the staff of the Exeter University Computer Unit, particularly Dr Howard Davies, Neil Brooks, Paul Ellison, Ian Campbell and George Foot, is gratefully acknowledged.

The questionnaire and the survey

The Schools Health Education Unit, which is located in the School of Education, University of Exeter, supports and promotes effective health education in primary and secondary schools. The services it provides promote co-operation between teachers, parents, children, governors, and health-care professionals.

These services are tailored to suit a multi-agency co-operation in the support of health promotion at community level. This has been achieved through numerous projects, including development of resource packages for classroom use, the generation of materials to accompany *The Extra Guest* (a widely-disseminated video about responsible drinking) and *Drawing the Line* (a video to support HIV and AIDS education). However, the principal projects undertaken by the Unit have been associated with questionnaire development and the design and execution of surveys using them. These are as follows:

1975–85 Priority topics for inclusion in the curricula of secondary schools, as perceived by pupils, parents, teachers, and health-care professionals. Known as *Just One Minute*.

1976–80 Health Related Behaviour Questionnaire, Versions 1–6 (initial trials).

1980 Health Related Behaviour Questionnaire, Version 7.

1982 Health Related Behaviour Questionnaire, Version 8.

1983 –1990 Priority topics for inclusion in the curricula of primary and secondary schools, as perceived by pupils, parents, teachers, and health-care professionals. An extensively-revised version of the earlier *Just One Minute* questionnaires, and known as *Just A Tick*.

1984 Health Related Behaviour Questionnaire, Version 10.

1986–90 Development of materials to support the Coronary Prevention in Children Project, an initiative in secondary schools.

1987 Health Related Behaviour Questionnaire, Version 11 (with optional 'illegal drugs' questions).

1988 Health Related Behaviour Questionnaire, Version 11D (containing 'illegal drugs' questions).

1989 Health Related Behaviour Questionnaire, Versions 12 and 14 (containing AIDS and mental health questions).

1990 Health Related Behaviour Questionnaire, Version 15 (completely re-set, with amendments).

1990 Primary Health Related Behaviour Questionnaire, Versions 1–4.

1990 *Just A Tick* (completely re-set with amendments).

1992 Health Related Behaviour Questionnaire, Version 16.

1993 Primary Health Related Behaviour Questionnaire, Version 5.

It will be obvious from this list that the development of the Health Related Behaviour Questionnaire for secondary schools has been a continuous thread running through our work. To date, upper middle and secondary schools in the UK have used it as part of their own curriculum development in more than 1000 separate surveys, some schools repeating surveys of their pupils on five occasions, and data from a quarter of a million pupils between the ages of 11 and 16+ is stored in our data banks at Exeter University.

A school deciding to use the Health Related Questionnaire selects a sample of pupils from the chosen year groups to answer the many questions covering different areas of their daily life at school, at home, and with their friends. The Unit codes the returned anonymous questionnaires and prepares them for computer analysis, and the school receives a set of computer-generated tables showing the percentages of pupils (divided into sex and year group) who gave different answers to the questions. The data can also be returned on disc for interrogation by staff or pupils.

The topic areas included in the latest version of the Health Related Behaviour Questionnaire include:

AIDS	**Jobs**
Alcohol consumption	**Leisure pursuits**
Aspirations	**Medication**
Dental care	**Money**
Diet	**Physical activity**
Doctor	**Relationships**
Drugs	**Self-esteem, etc.**
Environment	**Problems**
Family planning	**Smoking**
Homework	**Social activities**
Hygiene	**TV, videos, etc.**

The content of the Health Related Behaviour Questionnaire is under regular scrutiny, and from time to time new questions are added — usually in response to prompts from users — and the lesser-used ones are removed.

How is the data collected?

The way in which the questionnaire is used is entirely different from the style of most 'national surveys'. Typically, when planning a national survey, the smallest sample that will give reliable information about a representative cross-section ofthe community is chosen. Each annual sample from the Health Related Behaviour Questionnaire, on the other hand, is an 'opportunity sample', in that the Schools Health Education Unit exercises little or no control over which schools and which parts of the country become involved.

Since this method is at variance with the procedures in the other 'national' surveys, a fuller explanation drawing particular attention to its content and process is offered here, to enable the reader to give full weight to the results presented and discussed. This may open readers' eyes to the dangers of accepting statistics uncritically.

It is important to recognise, from the outset, that the results presented in this book do not arise from an organised annual survey. We are not selecting a balanced sample of schools and communities, but are responding principally to requests coming from District Health Authorities promoting the use of the questionnaire in their schools. Naturally there will be clustering of sites. However, as the use of the questionnaire becomes more widespread, the clusters themselves become more numerous and embrace a larger sample of the population, with the result that the 'accidental' sample becomes closer and closer to a 'random' one — as well as being far larger than the numbers in other surveys.

Confidence in the sample is raised by comparing results with those from other surveys of young people's behaviour, such as smoking prevalence studies carried out by the Office of Population Censuses and Surveys (OPCS) (1) and other research bodies (2). Consistency between annual results is further convincing evidence of reliability (3).

Year 11

In this year book we have omitted Year 11 results. Decisions by most survey organisers not to include Year 11 pupils meant that the sample was too small for comparison with other samples in this year and in previous years.

The sample

Choosing a sample on paper, and deriving data from that sample, are different things. In practice, every collection of results is to some extent an 'opportunity sample', particularly where schools are concerned, as many decline the invitation to be included in a nationally-organised survey.

The sample selected within a school is required to reflect the academic cross-section of the year group, which is straightfor-

ward if the questionnaire is completed during non-streamed time or in a mixed-ability setting.

The databank reports responses from the pupils in the communities represented by large numbers of comprehensive schools or upper middle schools, which in most places offer a coherent sample of their catchment area. If schools selected the recommended sample of the year group (see below), the total effective population represented in these figures will be at least twice the number of questionnaires processed.

Differences between sexes and between regions

The figures presented in this document show clear differences between boys and girls on a nationwide scale. In the group surveys organised by Local Education Authorities and District Health Authorities, comparisons between the behaviour of children from schools grouped according to location (4) provide information for health-care planning in different neighbourhoods. This is in addition to the data the authorities already hold, gathered from other sources.

The sample size and its selection

In order to discover a reliable picture of the behaviour of the total year group in a school it is not necessary to include every individual in the sample (although in some schools the decision has been taken to include every individual so that no one feels they have been excluded). The research method used to establish the size of the sample was to carry out the survey of an entire school with very large year groups numbering around 450 individuals, fairly evenly split between the sexes. By taking many random samples of different sizes and comparing the results for each of these with the results of total year groups it was established that, for this large size of year group, a sample of 50 of each sex provided a reliable reflection of the total population for most questions; for some questions, in fact, a smaller sample was adequate. This represents a sample size of just over 22%.

The connection between the health of individuals and their socio-economic status is widely accepted (5). Links between academic success at school and social background have also been established (6). Therefore, to attempt to accommodate this factor in the sampling method, the stated instruction is to select the sample to 'reflect the academic profile of the year group'.

As nearly all surveys have been carried out on year groups which are much smaller than 450 (typically around 200), a sample size of 100 selected from these represents a much larger percentage sample than the 22% random sample found adequate in the pilot work. This, coupled with the attention paid to selecting a sample which reflects the academic profile of the year group, gives even more confidence in the extent to which the sample data reflects that of the total year group.*

The sample selected by schools is required to reflect the academic cross-section of the year group, which is straightforward if the questionnaire is administered during non-streamed time. As a result, the database probably accurately represents the community for the large numbers of comprehensive schools or upper middle schools, which in most places offer a representative sample of their catchment area.

If schools select the recommended sample of the year group, the total effective sample represented in these figures will be considerably larger than the number of questionnaires processed — equivalent to over 50,000 boys and girls in the country in 1992, which is a very large sample indeed. In the case of certain topics we know of no other work, in this or other countries, where the behaviours in question have been examined.

*Absent pupils will tend to be those who are ill or who habitually miss school. Therefore some of the data recorded in the surveys may be too 'comfortable'. This will be a feature of any school-based survey. However, staff may already be more familiar with the characteristics of this group than of the section of the school population who complete the questionnaire.

The validity of the responses

What confidence have we in the validity of the individual data returned to schools and stored in the very large data banks accumulating in the University of Exeter?

There are two aspects to validity:

1. *Are the right questions contained in the questionnaire?*

2. *Do the answers collected to the questions accurately represent the behaviours or beliefs of the respondents?*

In research these issues are referred to as the questions of *validity* and *reliability*.

Reliability is the question of whether the same question is answered in the same way on each occasion. For example, a person might be asked "what do you think of the price of eggs?" Because it is not something they think about a great deal, they might give a completely different (though equally honest) answer next week, or even elsewhere in the same questionnaire. The consistency between answers given by the same people is known as *internal reliability*.

It is also important to know whether another person will answer the question in the same way: the so-called *external reliability*. Two different groups of people, asked "are you a vegetarian?" may have different views as to what a vegetarian is — one group, who eat dairy products, may see themselves as vegetarian, but another group who also eat dairy products may see vegetarianism as being stricter than this and so not describe themselves as such. So although honest and consistent within themselves, the two groups will answer the same question in different ways. These questions of reliability are less pressing in the case of behaviours as opposed to attitudes.

Validity is perhaps the critical issue: do the answers mean what they appear to mean? Are the respondents honest? Does the question mean anything to the respondents? If people were asked whether they would prefer to go on holiday to Flaunce or to Gzornenplatch, they may *reliably* give a preference for Flaunce, perhaps because of its earlier position or its more mellifluous sound. The fact that people have never heard of either resort cannot be detected from the reliability of their written responses.

Whether the answers to our questions mean what we think they mean must therefore be investigated in other ways, for example by interviews.

These issues can be seen in consideration of a question we no longer ask, namely *When did you start smoking?* Answers to this question seemed internally consistent and reliable, and young people in interview were convincing in their efforts to report their behaviour honestly. We did, however, notice a curious feature of the data: the average age when respondents said that they started smoking was always about two years younger than they were now, no matter what their age was. Here we seem to have raised a problem of memory: the length of time since they started smoking may have 'felt' about two years for the longer-standing smokers, but could have been longer. We have, over the years, brought a number of lines of enquiry to bear on these important questions, as discussed below.

The questionnaire content

The preparation of Version 1 of the Health Related Behaviour Questionnaire in 1978 involved around 50 secondary school teachers in the examination of 30 suggested questions for inclusion. These questions had been taken from an American source, and the teachers were asked to comment on the appropriateness of their structure and relevance with respect to inclusion in the questionnaire. Most of the teachers were highly critical, used their red ink freely over the document, and then produced prototypes of 'better' questions for inclusion. Around 90 questions were produced from this process, reflecting the views of important health issues for these teachers.

Refinement

The structure of the questions was refined in consultation with experienced teachers and with trials and interview work with boys and girls in schools. The bank of questions was also reviewed by

professional groups other than teachers, including road safety officers, school nurses, and Health Authority personnel (health education officers and district community physicians).

It is important to note a third process that was applied at this time: circulating the refined list to a number of headteachers and deputy headteachers for their commentary on the sensitivity of inclusion of all the questions. The invitation was to put a red line through any questions which were best excluded because they might cause anxiety amongst some parents. They were not asked for any further information or explanation of any deletions they suggested. This process resulted in the exclusion of all the proposed questions on shoplifting, on vandalism, and many of the questions on sexual behaviour.

Revision

Over the ten years of its evolution and development the content has been under continuous scrutiny, and much revision has taken place. Professions other than teaching have been deliberately drawn in to influence the content, and the teachers' concept of health behaviour has had to be balanced against other professional views.

It is interesting to note that, at one stage in the development of the Questionnaire, it was possible to have the content reviewed by numerous teachers around the country who were involved with the Southampton-based 13–18 Health Education Project. Each teacher was invited to assign each question to one of three categories:

Useful *Undecided* *Not relevant*

and they found no difficulty in the task. Most questions were 'Useful', and the one or two considered 'Not relevant' were excluded from subsequent versions.

A few questions received positive approval from some teachers and negative appraisal from others. These were retained, and do draw attention to the differing views that can be held on the relative importance of aspects of health. Two questions producing this polarity of view were in connection with (1) the importance of the amount of sleep a child was getting and (2) whether or not he or she had had breakfast before coming to school.

Individual questions

Individual questions have been revised to meet particular professional needs. For example, the frequency of intake of iron-containing medicines, either prescribed or non-prescribed, is of particular concern, and a question to discover how many children may have undetected asthma has been added to Version 15.

Groups of questions have similarly been revised in consequence of the attention paid to the data derived from them. The dietary questions probably receive the most criticism and revision of all sections; each expert who has paid attention to them decides that there is room for improvement, and change results from this attention. The questions connected with TV viewing are another example of evolution, and now distinguish between live or recorded TV programmes, video tape viewing, and using a computer. This has happened over the past six years, in step with (or perhaps a little behind) the changing reported practices of young people.

Levels of use

Another measure that has been applied to the content of the questionnaire is that of the level of use made by the 'consumers' on the return of the summarised data to them. Enquiries reveal that some sections of the questionnaire are much used — for example, consumption of alcohol and tobacco, and diet — whilst others receive little attention. Some sections are receiving more and more use as they become better tailored to meet the needs of the users; the section on sports and physical activities is an example of this type of evolution, and currently enables a comparison between the provision available in school to be made with the variety of activities and the levels of involvement outside school.

Our connections with the Coronary Prevention in Children Project, also based in the School of Education at Exeter University, is prompting us to develop an Index of Physical Activity Level, to enhance further the use that PE teachers and related organisations may make of our data either as it is returned to schools or as made available for research purposes in the data banks.

This continuous review depicted above underpins the level of validity of the questions contained in the current version of the questionnaire. In addition, we have now developed a service enabling Health Authorities to derive baseline statistics about the young people in their district, to support health-care planning. Adaptation of the questionnaire to meet these needs could lead to a further modification of the way in which different sets of professional views are incorporated.

Taking back the data

The survey method may well be unique. It is not uncommon in survey procedures for those collecting the data from the respondents to disappear with it and never deliberately reveal it to those who have given assistance in the enquiry, publishing discoveries based on it in professional journals only read by their peers. The Health Related Behaviour survey, however, is provided as a service to schools with the precise contract to return the results to the schools concerned. Those who collect the raw data and who participate in the conditions under which the children completed the questionnaire examine the returned summarised results; furthermore, data returned is intended for use, and is often used with classes of boys and girls who either participated in providing it or are close in age to those who did and live in the same catchment area. What other surveys feed data back in order for it to be scrutinised by those who provided it? The opportunity to discover problems with interpretation or memory, and other sources of unreliability, is unique.

Interviews

As a result of this methodology there is opportunity for the schools themselves to discover problems in interpretation and memory. A standard practice throughout the evolution and development of the method has been to interview individual boys and girls following their completion of the questionnaire under the conditions set by a teacher supervisor working from the prescribed method. Since the beginning of the work over a hundred different interviewers have participated in this activity.

The routine practice involves a team of about eight people experienced in working with young people, some of whom are student teachers and fairly close in age to the schoolchildren, being introduced to the class near the end of the time in which they have been completing the questionnaire.

The team leader explains something of the difficulties of question design and asks for assistance from class members. Examination in the class of one or two difficulties that all can participate in is succeeded by private and confidential interviews between individual members of the class and of the visiting team. The interviewer asks permission to examine the completed questionnaire with the boy or girl and to make notes on it if necessary. The interviewer is particularly looking for misinterpretations, problems of memory, and problems of unreliability arising from children presenting answers which (1) may put themselves in too favourable a light or (2) are intended to shock the reader.

Exchanges between team members and supervising staff on these visits are also very valuable in highlighting supervision problems and methods by which they have been or might be resolved which can be passed on to future users. Following the interview excursion the team members, equipped with their annotated completed questionnaires, share in a 'blow-by-blow' discussion of each question. This is an exhausting and exhaustive process by which the knowledge of the quality of each question can be built up and necessary amendments effected in the next version. Added to this is all the written commentary provided by the teachers involved — for every 25–30 completed questionnaires returned we also

receive a supervisor's comment sheet on which attention is drawn to areas of difficulty experienced as well as to the positive aspects, such as the pupils' enthusiasm and the perceived relevance of the exercise.

Validating the questions

The above processes shape the quality of each individual question. One observation to be made is that the longer a question has been contained in the questionnaire the more will be known about it and the more valid are the answers to it likely to be. The level of confidence in the most recently-included questions will be less than for the long-standing questions. The most recently-included questions have been those in connection with illegal drugs, AIDS, and mental health.

Research and development in question design

1. *Presentation of combined results*

We have always faithfully recorded and explained

(*a*) The questionnaire content and method of data collection.

(*b*) The sample on which results are based.

We also comment on our knowledge of the quality of the data and present our reservations where they exist.

2. *Scrutiny of individual survey data*

The purpose of each individual survey is for the data to be examined by those who collected it in schools, and even by those who provided it. Planning can then be taken forward with an active and objective participation. Our feedback to the users of the survey method, not only of results and clarification of their method of presentation but also of commentary on insight into quality of data and any potential bias, is vital to planning.

This continuous process over a decade has prompted changes in questions to strengthen the process. From a research point of view interesting discoveries are made.

The overall quality of the data gathered

The question is often raised: Do pupils report on their own behaviour in a reliable manner? Factors affecting this problem include errors of memory, and therefore most of the questions are about recent behaviour. Bias can also arise if pupils either want to please, and give the answer they expect the questioner to approve of, or to annoy by giving an answer which is expected to disturb the questioner.

Importance to pupils

The manner in which the data is collected is also vital. With the best possible sample and the best-researched instrument, the value of the data is questionable if the respondent does not enter properly into the spirit of the enquiry. Large numbers of unanswered questions or abused questionnaires signal a doubtful procedure. An important strength of the Health Related Behaviour Questionnaire is that it is not administered by or on behalf of an external agency, but by the school itself, anxious to derive a set of valid results on which to base curriculum improvements. If a school volunteers to fit the questionnaire administration into its already crowded timetable, then it is serious about the enquiry, and this commitment will be transmitted to the pupils.

Atmosphere

From all the work that has gone into the development of the methodology, we know that in every school supervisors can be found who can generate an atmosphere of importance for the task, inspire trust in the confidentiality and anonymity of the exercise, and provide ideal support for the completion of the questionnaire. Under such conditions valid data can be collected. The information returned to the school is only as good as the way in which it was collected. In part this is the outcome of the quality of each question, but the manner and atmosphere in which the data was collected will have the greatest effect on its validity.

Costs

The survey is also costly — in time and money — and the collection of data is never casual. High levels of commitment to following the prescribed method of data collection are common.

Confidentiality

If the children know that the questionnaires are completely anonymous, that they will immediately be sealed in envelopes to be sent away for processing, and that the results will be returned only as a summary in which no individuals can be identified, their motivation to be honest will be reinforced. If, in addition, they feel that what they are doing is important for themselves — that it will affect the work they do in school to their own benefit — they will answer the questions as conscientiously as possible.

Services to schools and Health Authorities

A routine part of the service is to return summarised data in bound, indexed volumes together with guidelines to the interpretation of the tables of statistics. Each school participating in a group project receives its separate confidential report. The aim is to return the data within 4–6 weeks.

An attractive option now available to schools is to have the data returned in the form of selected 'Investigation datafiles'. A typical datafile would contain up to 18 variables; these can be chosen from previously selected sets with the headings: *Health services, Diet, Alcohol, General, Money, Drugs, Sport, Social & personal,* or *Home*. 'Custom assembled' sets can be produced on request, thus tailoring the investigations to a school's particular requirements.

Collections of data can offer the opportunity to investigate lifestyles and challenge prejudices regarding young people's behaviours. It is also ideally suited to resourcing the Mathematics Attainment Target 5 — *Handling data*. The questions are carefully edited to secure pupil anonymity for computer interrogation by staff or pupils.

The Unit is now developing a series of *Lifestyles* datafiles, described in more detail on the facing page. These are available for use with any data-handling software likely to be used by a school.

Comparing individual schools with district results

This service is offered to District Health Authorities or LEAs. It is common for all the schools within one Authority to be invited to participate in a survey, and the survey organiser will receive the total picture broken down by geographical location or any other division that is required.

In addition, we can offer a *Community profile report*. This compares a school's results with the average for the whole district, and lists those questions where the pupils sampled differ by 10% or more from this average. This is helpful to the school in signalling areas for further examination. It can also bring school staff and Public Health staff together to plan health care provision at community level.

Seminars

Many group projects have a post-survey seminar to help teachers examine and interpret their data, and to study it in the light of results from other schools in their area. A typical programme would include the following:

Interpretation of the data.
Dissemination to colleagues in school.
Curriculum planning from the data.
Dissemination to pupils.
Use of combined area data.

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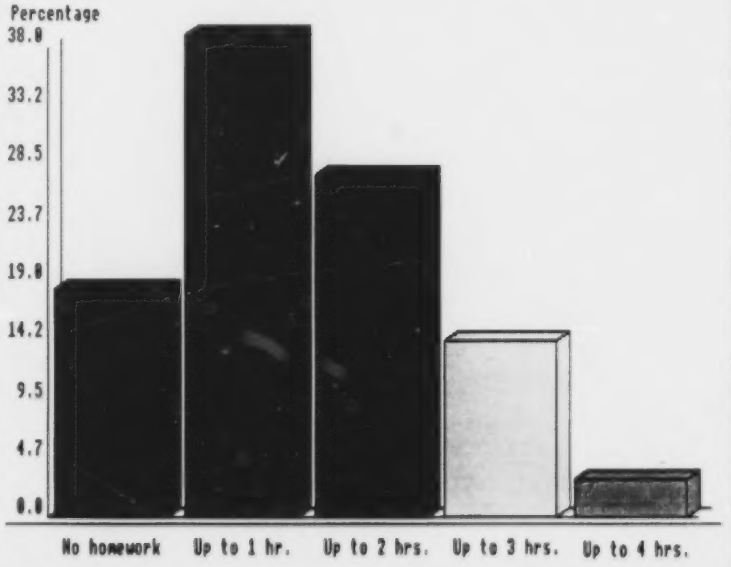
LIFESTYLES 1...

Health-related behaviour data from 200 14–15 year olds has been converted into a datafile containing information on their levels of hygiene, diet, social activity, consumption of alcohol, self-esteem, money, and other relevant factors. It can be used by pupils to explore connections between them, predict and verify other links, carry out statistical work, and even initiate further survey work of their own design.

The data can also be used to present information in graphical form, such as histograms or pie-charts. The histogram below shows homework levels for the 100 boys in the sample.



This resource supports National Curriculum Attainment Targets relevant to Personal and Social Education in several subjects: for example English Attainment Target 2 (Reading), Levels 5d, 7d, 8d, 9d & 10d. It is available from the Schools Health Education Unit.

The Unit's databanks

Data from the various questionnaires listed on page vii is stored in several data banks at the University of Exeter . In the majority of years, more than one version of the questionnaire was in operation, and these are indicated in brackets. The number of schools and respondents for the version most widely used in each year (indicated by bold type), are tabulated below.

1981 (version 7)
Number of schools = 44
Number of pupils = 9,432

1982 (version 7 & **8**)
Number of schools = 48
Number of pupils = 8,011

1983 (version 8)
Number of schools = 71
Number of pupils = 10,674

1984 (version **8** & 10)
Number of schools = 43
Number of pupils = 8,834

1985 (versions 8 & **10**)
Number of schools = 49
Number of pupils = 12,618

1986 (version **10**)
Number of schools = 88
Number of pupils = 18,002

1987 (versions 10 & **11**)
Number of schools = 116
Number of pupils = 18,407

1988 (versions 10 & **11**)
Number of schools = 222
Number of pupils = 33,459

1989 (versions **11** & 12)
Number of schools = 104
Number of pupils = 15,672

1990 (versions 11, **12**, **14** &15)
Number of schools = 131
Number of pupils = 18,941

1991 (version 15)
Number of schools = 142
Number of pupils = 23,928

1992 (versions **15** & 16)
Number of schools = 141
Number of pupils = 20,218

The 1992 sample

This sample contains a total of 20,218 pupils (10,257 boys and 9,961 girls) between the ages of 11 and 15, in schools in England who completed Version 15 of the Health Related Behaviour Questionnaire in 1992. There were 15 group studies which included 132 of the total number of schools which completed the questionnaires. The following information about the sample may be found useful:

Sex by year group

	Boys	Girls	Total
Year 7 (11–12)	438	536	974
Year 8 (12–13)	4222	3947	8169
Year 9 (13–14)	1271	1202	2473
Year 10 (14–15)	4328	4274	8602
ALL YEARS	10,257	9,961	20,218

Day of the week on which the questionnaire was completed

	% of pupils
Monday*	5
Tuesday	29
Wednesday	31
Thursday	19
Friday	16

* Schools are requested not to administer the survey on a Monday wherever possible. Sometimes however, this is unavoidable, and in this case where a question relates to 'yesterday' pupils are asked to answer the question with the previous Friday in mind rather than the weekend, which is typically different.

Month in which the questionnaire was completed (% of schools)

January	4	July	4
February	28	August	1
March	21	September	0
April	8	October	6
May	11	November	3
June	11	December	3

Percentage of ethnic-minority children in the school

% in school	% of schools
0–1%	59
2–5%	12
6–10%	15
11–15%	3
16–20%	4
21–30%	1
31–40%	1
41–50%	3
>50%	2

Percentage of children in the school qualifying for a free meal

% in school	% of schools
0–1%	19
2–5%	23
6–10%	29
11–15%	12
16–20%	7
21–30%	9
>30%	1

Percentage of children in the school being transported by school bus

% in school	% of schools
0–10%	40
11–20%	11
21–30%	7
31–40%	6
41–50%	16
51–60%	4
61–70%	6
71–80%	8
>80%	3

Sex of school population

	% of schools
All-male school	6
All-female school	8
Mixed school	86

Type of school

	% of schools
Middle	1
Comprehensive	71
Grammar	3
Independent	12
Sec. Modern	6
F.E.	3
Other	4

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Nature of catchment area

	% of schools
100% r	5
75% r, 25% u	14
50% r, 40% s, 10% u	17
10%r, 50% s, 40% u	12
40% s, 50% u, 10% i	9
10% s, 40% u, 50% i	5
25% u, 75% i	0
100% i	2
100% u	8
100% s	20
75% s, 25% u	3
75% u, 25% i	0

r = *rural*, s = *suburban*, u = *urban*, i = *inner urban*

School lunch provision

	% of schools
Cafeteria	73
Set lunch	6
Both	17
None	4

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'Young People into the Nineties'

Prompted by requests, the start of a new decade, and a desire to find out more, further work has been undertaken to investigate 'trends' across age groups and time. This section refers to our major report *Young People into the Nineties.*

Reliable representation

It is, of course, both interesting and important to discover changes in behaviour, but to be sure that these apparent changes represent real changes in the age groups throughout the population one must be confident that each consecutive sample being examined does reliably represent the total population. The information on pages vii–xiv explains clearly how each annual sample is accumulated, and that areas of the country may be over-represented or under-represented in different years.

This must be borne in mind when reflecting upon the differences described in the comments for each table, which strictly speaking can only be regarded as differences between the behaviours of the annual samples. The question at issue is whether the non-uniform regional collection of data obscures or even misleads with respect to trends. Three observations may be made to support our belief that the nationwide changes of behaviour of our young people are sufficiently uniform to justify accepting our non-uniform regional data as giving a good picture of nationwide trends:

1. The assumption of uniformity of behaviour across the country was further substantiated in the 1991 sample where there was a 'Yorkshire' bias, in year 11 in particular, affecting newspaper selection in the home, but for the majority of other variables, this effect was not apparent.

2. For the majority of behaviours recorded in the databanks the year-to-year variations are small, with no trends being apparent; however, the age and sex differences within each behaviour measured are maintained.

3. Some behaviours show a consistent 'drift' over the years, and these changes can be shown to be statistically significant.

We can therefore feel confident when changes in behaviour are suggested by the data, and believe that future research using other sampling techniques will confirm the validity from our very large consecutive annual 'opportunity' samples in our data collection.

Many of our questions have remained unchanged since we derived our first major representative databank in 1983–84. Results for those two years have been combined together.

Seven-year perspective

The vast amount of data collected has been interesting to look at in several ways:

1. *Individual schools' results*
2. *Area survey results*
3. *Nationwide annual results*

With more than seven years' data now collected, the opportunity to examine the results over this time span, for each of the questions, is very exciting. 'Trends' in behaviour are to be found where expected and where not expected, and not always found where expected! Differences between boys and girls of the same age, between younger and older children, and relevant links between the behaviours described in the question and other behaviours recorded in the questionnaire, are all investigated.

The report

Young People into the Nineties is derived from responses involving 125,933 young people who have participated in the numerous Health Related Behaviour surveys from different parts of the country between the years 1984–90 inclusive.

Each book is devoted to the questions covering particular aspects of young people's lifestyle at home, at school and with their friends. A double-page spread has been devoted to each question with the results displayed in tabular form. The history and quality

of the data is reported upon, and observations plus a commentary of the results are recorded. There is also a visual presentation of the data in histogram form. The results are summarised in this set of nine books under the headings:

Book 1	***Doctor & Dentist***
Book 2	***Health***
Book 3	***Diet***
Book 4	***Drugs***
Book 5	***Home***
Book 6	***Money***
Book 7	***Road Use & Sport***
Book 8	***Social & Personal***
Book 9	***Into the Nineties...***

Illustrated below is one table plus abbreviated commentary, taken from each book in the series, about young people and their lifestyle. 'Version' refers to the version of the Health Related Behaviour Questionnaire used for the majority of data collection during the year.

Why clean your teeth? (Book 1, Doctor & Dentist)

Percentage of pupils whose main reason for cleaning their teeth was to make their teeth and mouth feel clean.

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	17	16	21	22	21	26	24	**25**	**28**	**26**	**35**	**31**	**33**	**38**
Year 8 (12–13)	18	17	23	26	24	28	28	**32**	**30**	34	38	38	40	37
Year 9 (13–14)	23	24	24	28	30	31	32	**37**	36	**38**	42	42	47	45
Year 10(14–15)	26	25	29	30	31	32	32	**43**	41	44	**45**	46	50	48
Year 11(15–16)	30	26	30	37	33	34	36	**46**	40	44	55	**50**	50	54

Pupils were asked to select the main reason for cleaning their teeth from a list of five answers.

1. Increasing numbers of boys have selected this reason *feel clean* across the years,as well as a greater number of older boys.

2. Similar trends are seen from the girls' results, but with higher values. In the most recent summaries, 50% of the oldest girls select this option as the main reason for cleaning their teeth.

The various reasons for cleaning teeth have always been of interest. The trends suggested in this study, showing that young people are attributing increasing importance to their mouth and teeth feeling clean and to their breath smelling clean, could possibly be linked with anti-smoking campaigns.

How often do you use an anti-perspirant or deodorant? (Book 2, Health)

Percentage of respondents who never use anti-perspirant or deodorant

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	76	38	39	26	26	21	–	43	14	15	12	9	7	–
Year 8 (12–13)	67	29	26	16	14	14	–	23	6	4	5	3	4	–
Year 9 (13–14)	50	16	12	9	7	8	–	9	1	2	2	1	1	–
Year 10(14–15)	37	13	9	7	4	3	–	5	1	1	1	1	1	–
Year 11(15–16)	37	7	6	4	3	5	–	7	1	1	1	0	2	–

The table summarises the percentages of those *never* using them. The change across the table is most remarkable. Fashion and advertising seem to have been powerful persuaders here.

Have you ever tried to gain weight? (Book 3, Diet)

Percentage of pupils who had tried to gain weight

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	–	**17**	15	20	19	18	–	–	10	11	14	12	13	–
Year 8 (12–13)	–	15	**18**	19	18	20	–	–	11	11	13	12	14	–
Year 9 (13–14)	–	16	19	**18**	19	21	–	–	12	12	13	11	15	–
Year 10(14–15)	–	17	18	19	**21**	21	–	–	13	13	12	11	13	–
Year 11(15–16)	–	17	18	19	20	**23**	–	–	11	11	11	11	9	–

The figures for both sexes are remarkably consistent with an expected higher level for boys than for girls. There may be a trend amongst the boys' samples towards more becoming involved as they grow older (diagonal 'cohort' line), which would perhaps fit expectations of boys wanting to be big and strong. The girls' figures are perhaps higher than to be expected.

Have you drunk any cider since this time last week? (Book 4, Drugs)

Percentage of pupils who said they had drunk cider

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	19	15	12	16	15	13	9	9	7	7	6	7	10	5
Year 8 (12–13)	20	17	16	19	20	14	13	12	11	10	11	11	9	7
Year 9 (13–14)	25	25	21	23	21	19	17	17	19	15	17	16	17	12
Year 10(14–15)	28	26	21	22	23	19	20	22	23	18	20	20	17	15
Year 11(15–16)	24	25	19	22	21	17	18	19	25	19	13	17	18	15

There may be a suggestion of numbers reducing across the years. The difference between the sexes is noticeable but not great. What part did advertising play in targeting the age group and the sexes?

How long did you spend reading a book for pleasure after school yesterday? (Book 5, Home)

Percentage of pupils who said that they spent no time at all

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	–	52	**52**	48	49	50	45	–	**40**	38	37	36	44	38
Year 8 (12–13)	–	58	53	**51**	52	54	53	–	42	**42**	36	40	44	39
Year 9 (13–14)	–	58	57	60	**55**	56	62	–	46	45	**46**	46	49	49
Year 10(14–15)	–	65	65	64	62	**62**	68	–	52	54	50	**53**	55	55
Year 11(15–16)	–	64	68	68	66	70	**72**	–	61	54	56	57	**62**	60

The number spending *no time* reading yesterday increases steadily with age. The diagonal values shown in the table consistently show this. Activities competing with reading with increasing age could include (a) homework and (b) going out with friends.

Young People into the Nineties

Schools Health Education Unit
(0392 264722)
individual books: £6.00
or the whole set may be ordered for £42.00

Have you got a regular job during term time? (Book 6, Money)

Percentage of pupils who have a regular job

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	29	26	29	20	19	16	29	20	21	20	11	12	11	23
Year 8 (12–13)	32	33	35	25	27	31	43	21	23	28	16	16	23	30
Year 9 (13–14)	39	48	47	37	42	42	54	26	36	32	26	29	31	44
Year 10(14–15)	43	51	51	45	43	45	61	31	41	43	38	36	36	57
Year 11(15–16)	45	55	47	52	52	46	60	42	50	50	50	52	48	71

There are substantial numbers of boys and girls involved in earning money in term time, often involving more than 50% of them in the 15–16 year old groups. The 1990 figures suggest an increase in all age groups of levels of involvement.

Do you go swimming, outside school time, at least once a week? (Book 7, Road use & Sport)

Percentage of pupils who do go swimming

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	–	–	–	37	41	36	44	–	–	–	41	44	47	52
Year 8 (12–13)	–	–	–	31	34	31	43	–	–	–	39	39	46	48
Year 9 (13–14)	–	–	–	28	29	27	40	–	–	–	34	32	31	47
Year 10(14–15)	–	–	–	26	24	28	32	–	–	–	27	27	28	38
Year 11(15–16)	–	–	–	20	23	19	31	–	–	–	22	26	24	40

The 1990 samples show higher percentages of regular swimmers. There appears to be a trend towards less involvement with increasing age. However, to have 20–30% of boys and girls still involved in this energetic activity at least once a week at the age of 15–16 is encouraging. With many local swimming facilities available, this opportunity is present for the majority of young people.

If you have a regular boyfriend or girlfriend, for how long has this relationship lasted? (Book 8, Social & Personal)

Percentage of pupils whose relationship has lasted for months

	BOYS (%)							GIRLS (%)						
Version	8	10	10	11	11	11	12	8	10	10	11	11	11	12
Year	**84**	**85**	**86**	**87**	**88**	**89**	**90**	**84**	**85**	**86**	**87**	**88**	**89**	**90**
Year 7 (11–12)	29	36	33	34	37	32	35	34	29	32	38	34	31	30
Year 8 (12–13)	35	42	37	38	37	38	38	36	38	37	33	36	38	40
Year 9 (13–14)	40	41	42	38	41	42	41	39	44	43	42	45	43	44
Year 10(14–15)	42	42	43	42	45	43	47	49	48	50	47	49	50	49
Year 11(15–16)	46	37	49	50	46	46	58	50	51	50	50	50	50	50

The answers summarised in the table are for those boys and girls who reported a current relationship of *months* rather than *weeks* and *less than one year*. No obvious trends show across the years. The 14–16 year old groups of girls are remarkably consistent at around 50%.

Book 9, Into the Nineties . . .

This book will summarise the findings and present an overall profile of young people growing up in the nineties. It will also examine some of the ways in which the survey data is used:

(a) by individual schools *(b)* by health authorities.

List of Tables

Every attempt is made to reproduce questions verbatim. When this is impossible, the sense of the question is presented in square brackets.

Group 1: DIET

Question

What did you do for lunch yesterday? 3
What did you have for breakfast this morning? 4
Weight — which sentence describes you best? 5
[How often do you eat these foods?] 6–15
When choosing what to eat, do you consider your health? 16
Eating — which sentence describes you best? 17

Group 2: DOCTOR & DENTIST

Question

How long ago did you visit the doctor? 21
On this last visit, did you feel at ease with the doctor? 22
[Total number of times teeth were cleaned yesterday] 23
On how many days since this time last week have you cleaned your teeth with dental floss? . 24
How long ago did you last visit the dentist? 25
[What treatment or advice did the dentist give you on your last visit?] 26

Group 3: HEALTH & SAFETY

Question

How often do you wash your hands after visiting the lavatory? 29
How many baths or showers have you had since this time last week? 30

Since this time last week, on how many days have you taken remedies for any of the following complaints? 31
Since this time last week, on how many days have you used any of the following remedies or medications? 32
When you run, do you 'wheeze' and have trouble breathing? 33
Do you have a night cough which disturbs your sleep? 34

Group 4: HOME

Question

[How long did you spend watching television after school yesterday?] 37
[How long did you spend doing homework after school yesterday?] 38
[Time spent on activities after school] 39
In your spare time, how much can you find to do? 40
When did you get to sleep last night? 41
When did you wake up this morning? 42
[Newspaper readership group] 43
[What national daily newspapers are available at home?] 44

Group 5: DRUGS

Question

How many cigarettes did you smoke yesterday? 47
How many cigarettes have you smoked since this time last week? 48
Smoking — which statement describes you best? 49
Attitude to smoking — which statement describes you best? 50
Do any of these people smoke on most days? 51
[Since this time last week, how many pints of canned shandy have you drunk?] 52
[Since this time last week, how many pints of mixed shandy have you drunk?] 53
[Since this time last week, how many pints of beer or lager have you drunk?] 54
[Since this time last week, how many pints of low-alcohol beer or lager have you drunk?] . . 55

[Since this time last week, how many pints of cider have you drunk?] 56
[Since this time last week, how many glasses of wine have you drunk?] 57
[Since this time last week, how many glasses of low-alcohol wine have you drunk?] 58
[Since this time last week, how many glasses of fortified wine have you drunk?] 59
[Since this time last week, how many measures of spirits have you drunk?] 60
[Total number of alcohol units consumed in the last 7 days] 61
[On how many days last week did you have an alcoholic drink?] 62
Have you bought alcoholic drink at any of these places since this time last week? 63
Have you drunk alcoholic drink at any of these places since this time last week? 64
If you ever drink at home, do your parents know? 65
Since this time last week, how often have you visited a pub or bar? 66
When you last visited a pub or bar, with whom did you spend most of your time there? 67
What do you know about these drugs? 68
Has anyone ever offered or encouraged you to try any of these drugs? 69
Have you ever taken any of these drugs ? 70
Do you know anyone who you think takes any of the drugs listed in question 70? 71
[If you know anyone who you think takes drugs, what do they take?] 72

Group 6: MONEY

Question

[Do you work outside school hours during term time?] 75
[What type of regular paid job do you do?] 76
When do you work for money during term time? 77
How many hours did you work for money last week? 78
How much money did you receive last week from your regular paid job? 79
How much money did you receive last week as an allowance? 80
How much money did you receive last week as pocket money? 81
[Total income received — money from wages, pocket money and allowance] 82
Have you spent money on any of the following since this time last week? 83-84

Group 7: SPORT

Question

For someone of your age and sex, how active do you think you are? 87
How fit do you think you are? 88
[Sports and activities played during the past year out of school lessons] 89–91
[Non-vigorous activities during the past year out of school lessons] 92

Group 8: SOCIAL & PERSONAL

Question

Which parents do you live with? 95
Ethnic group — which of the following most nearly describes you? 96
With which adult do you get on best? 97
Have you a steady boyfriend or girlfriend at the moment? 98
How do you usually feel when meeting people of your own age and sex for the first time? . . 99
How do you usually feel when meeting people of your own age and opposite sex for the first time? 100
[For close friends, whom do you have?] 101
When did you last go to a disco or party? 102
Which of these is your main source of information about sex? 103
Which of these do you think should be your main source of information about sex? 104
[Self-esteem measurement — combined results from parts a–i, scale 0 – 18] 105
"I am in charge of my health." 106
"If I keep healthy, I've just been lucky." 107
"If I take care of myself I'll stay healthy." 108
"Even if I look after myself I can still easily fall ill." 109
[Health locus of control score (-4 to +4)] 110

[If you had a problem at school, to whom would you probably turn?] 111
[If you wanted to share money problems, to whom would you probably turn?] 112
[If you wanted to share health problems, to whom would you probably turn?] 113
[If you wanted to share career problems, to whom would you probably turn?] 114
[If you wanted to share problems about friends, to whom would you probably turn?] 115
[If you wanted to share family problems, to whom would you probably turn?] 116
How much do you worry about these problems? 117
When you have a problem, what do you do about it? 118
Can the HIV virus be passed on by any of the following? 119
Have you ever talked about AIDS with these people? 120
Have any of these taught you useful facts about AIDS? 121
How much do you worry about catching the HIV virus yourself? 122
Do you think that you will take precautions against catching the HIV virus? 123

Young People in 1992

Group 1: DIET

This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The 1992 Questionnaire (Version 15) contained a checklist of 46 common food items against which the pupils indicated typical levels of consumption. It was hoped that classroom discussion of these results would raise levels of awareness regarding 'healthy' and 'unhealthy' foods.

Question

What did you do for lunch yesterday? 3
What did you have for breakfast this morning? 4
Weight — which statement describes you best? 5
[How often do you eat these foods?] 6–15
When choosing what to eat, do you consider your health? 16
Eating — which statement describes you best? 17

Question 34: What did you do for lunch yesterday?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
School cafeteria	36.8	31.9	36.6	31.1	40.6	29.1	30.2	26.9
School set lunch	10.0	5.9	7.6	4.8	11.0	6.6	5.2	4.2
Packed lunch in school	26.1	42.4	34.5	42.8	26.7	42.2	29.6	35.4
Packed lunch out of school	4.3	2.7	2.9	3.4	1.9	1.3	4.2	4.0
Takeaway or shop	13.6	8.0	7.8	6.2	9.8	6.8	13.0	9.7
Went home	6.5	5.5	6.7	6.1	6.4	6.1	11.0	8.8
Did not have any	2.6	3.6	4.0	5.5	3.7	7.9	7.0	10.9
Valid responses	418	524	4161	3920	1267	1199	4301	4258

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Right across the age groups, substantial percentages of youngsters take *packed lunches* to school (for girls this is the most popular choice), and information gleaned from surveys in the past suggests that they are usually of very good quality. Those parents who take time to provide packed lunches for the youngsters are very thoughtful about the balance of their content. Lunch from the *takeaway or shop* is more popular with the boys for all year groups; this may account for the greater number of boys than girls eating chips (see page 10). More boys than girls use the school lunch service, and 1 in 10 of the year 10 girls had no lunch at all.

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Question 35: What did you have for breakfast this morning?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	19.3	15.8	11.0	17.1	11.3	22.4	12.1	21.4
Just a drink	7.9	11.6	8.1	12.3	8.9	15.0	9.2	15.3
Fruit—tinned or fresh	1.2	2.3	1.5	2.3	1.2	2.6	0.7	2.6
Toast or bread	15.7	23.0	14.5	20.5	14.8	22.1	13.9	21.7
Cereal	36.0	37.3	41.5	34.6	34.8	25.6	39.1	28.9
Toast & cereal	12.9	5.9	16.0	9.7	18.3	9.7	16.8	7.7
Just an egg	0.5	1.1	1.0	0.7	1.4	0.4	0.7	0.7
Cooked breakfast	6.7	3.0	6.5	2.8	9.4	2.2	7.4	1.9
Valid responses	420	526	4161	3921	1260	1201	4295	4261

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

There are many people who feel that breakfast is a very important meal of the day. They may be distressed that the total of the first two percentages in each column *(nothing* and *just a drink)* reveals substantial numbers of young people going to school with very little inside them — this includes almost 40% of the older girls. Other analyses have shown that these are also more likely to have missed lunch on the previous day (see page 3). *Cereal* is the largest single category, and only a tiny percentage 'went to school on an egg'. A small number of pupils are having a *cooked breakfast*, and these are more likely to be boys than girls.

Question 36: Weight — which sentence describes you best?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Would like to put some on	10.7	4.4	11.4	6.2	13.4	5.8	15.6	6.3
Would like to lose some	25.2	45.7	26.8	46.2	24.5	52.9	20.8	55.2
Happy as I am	64.1	49.9	61.8	47.6	62.1	41.3	63.6	38.5
Valid responses	421	527	4158	3915	1266	1196	4293	4251

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

There are some obvious gender differences here in the top line *I would like to put some weight on*. An increasing number of boys across the years would like to, while a fairly consistent but much lower number of girls would also like to. The number of girls who *would like to lose some weight* exceeds 50% in years 9 and 10. It is perhaps surprising that about a quarter of the boys would also *like to lose some weight*. It would seem that around 60% of boys are consistently content with their weight, while 50% of contented year 7 girls become 40% in year 10. From previous years' work we have recorded that about half of all boys, and about three-quarters of all girls, have made some attempt to lose weight (usually through dieting).

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Question 39: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Lamb, beef, pork	6.7	8.7	7.6	5.2	7.1	6.5	8.3	5.8
Poultry, e.g. chicken	6.7	5.8	5.4	4.6	5.1	4.8	5.2	5.3
Meat pasties, pies	5.3	3.0	6.1	3.9	5.2	1.7	6.2	3.4
Burgers or sausages	16.7	8.7	11.3	5.4	7.9	4.3	9.9	4.0
Oily fish	3.2	0.9	1.5	0.7	1.1	0.4	1.2	0.4
White fish	5.7	4.8	3.5	2.2	2.1	1.6	2.5	1.8
Salted fish	0.7	1.3	0.9	0.4	0.6	0.3	0.7	0.2
Eggs	13.5	10.0	12.1	9.1	11.2	8.0	13.7	8.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

All 'diet' items are offered on a single page (see Appendix) rather than split as we have given here. We have never resolved difficulties in recording quantity or quality of foods eaten (which is beyond the scope of a questionnaire study), but we are confident of our data here on frequency of consumption.

'Solid protein' list — on most days

The foods listed are essentially solid protein foods, and they are all minority choices. Overall *eggs* come top, with *burgers* a close second for the younger boys. Red meat appears to be a little more popular than white meat. *White fish* will include fish fingers. One overall gender difference is that typically the percentage for boys against the equivalent group of girls is higher for almost all items. Other food groups in later tables show the opposite effect.

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Question 39: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Lamb, beef, pork	24.5	26.0	14.6	26.6	11.6	26.3	12.5	29.0
Poultry, e.g. chicken	18.3	19.1	14.0	19.9	9.7	19.4	10.4	19.9
Meat pasties, pies	37.8	44.2	31.4	43.8	31.5	46.8	24.9	45.4
Burgers or sausages	14.4	23.4	15.1	29.1	12.0	28.6	13.3	36.3
Oily fish	68.6	77.0	67.0	77.8	68.3	79.2	65.2	78.2
White fish	36.0	42.9	36.8	43.3	36.0	44.3	36.3	44.7
Salted fish	78.9	86.8	78.1	85.8	77.6	87.1	77.8	87.5
Eggs	22.9	24.9	22.6	23.0	21.7	24.2	19.0	22.3

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Solid protein' list — rarely or never

This table complements the table on the opposite page and both should be considered together. An appreciable percentage of young people seem to avoid meat, and must come into the vegetarian category (see page 17). About 20–25% say they rarely or never eat *eggs*, although these are likely to be a constituent of other foods. Of all the foods in this list, *chicken* is the most likely to be eaten fairly regularly.

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Question 39: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Ordinary milk	49.8	43.3	55.2	46.3	53.8	41.8	60.8	41.5
Low-fat milk	19.3	21.7	25.4	29.9	31.3	35.5	28.6	39.4
Soya milk	0.9	0.7	0.8	1.1	0.6	0.5	0.6	0.8
Yoghurt	19.3	22.3	18.9	21.5	18.1	20.1	17.7	20.8
Butter	46.6	50.0	52.2	51.8	52.8	52.4	56.9	52.3
Low-fat butter or margarine	17.2	22.1	21.5	31.1	24.8	33.6	25.6	37.2
Ghee	2.5	2.0	1.1	1.0	0.9	0.7	1.6	1.2
Vegetable oil	9.9	8.0	9.3	11.3	9.7	10.6	12.6	14.5
Low-fat cheese	9.4	10.0	6.8	10.1	5.9	10.0	6.4	11.5
Other cheese	27.8	28.3	26.6	27.4	25.6	23.5	28.0	24.7

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Dairy products' list — on most days

These foods are far more popular on most days than the preceding list on page 6. *Full-fat butter* and *milk* are more popular than their low-fat equivalents, although low-fat versions become more popular with increasing age, particularly for the girls. 'Cheese-related behaviour' shows little change across the years, and the percentages consuming *yoghurt* are fairly equal for boys and girls. To what extent do full-fat/low-fat choices with respect to *milk, butter and cheese* reflect the options available in the home?

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Question 39: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Ordinary milk	25.9	29.7	25.0	33.4	28.0	41.1	23.8	41.6
Low-fat milk	56.0	53.2	52.2	46.8	45.6	40.6	50.9	40.2
Soya milk	89.2	91.3	92.4	93.6	94.3	95.2	94.2	95.0
Yoghurt	26.4	21.7	26.1	22.4	23.4	24.3	28.6	24.1
Butter	17.4	14.7	14.7	19.0	14.9	22.3	15.0	23.6
Low-fat butter or margarine	53.4	49.3	50.4	41.4	47.6	40.7	49.3	39.1
Ghee	86.9	91.4	91.9	94.4	93.9	95.9	92.5	94.5
Vegetable oil	53.2	46.7	46.7	36.6	43.5	35.3	42.3	31.6
Low-fat cheese	64.2	61.5	65.5	56.3	66.0	56.0	67.4	54.4
Other cheese	23.4	20.1	24.2	22.3	24.1	25.5	24.6	25.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Dairy products' list — rarely or never

Avoiding full-fat dairy products is a frequent tactic for reducing dietary fat. It may be that the gender differences shown in this table, for example those not eating *butter*, are produced by this desire. It is interesting to discover how many young people either drink *milk* on most days or rarely or never, but do not come into the intermediate category.

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Question 39: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
White bread	59.4	55.4	56.9	55.5	62.0	54.6	62.2	52.3
Wholemeal bread	26.6	25.5	29.4	33.2	26.8	33.9	31.8	39.1
Chapatti flour	5.7	5.8	2.7	2.9	0.9	0.8	3.5	3.4
Maize flour	2.3	1.1	1.8	1.3	1.3	0.8	1.8	1.3
Boiled potatoes	13.5	18.6	13.0	15.5	12.7	14.5	14.4	17.5
Jacket potatoes	8.0	9.3	6.8	10.0	6.5	10.1	7.0	9.4
Chips, roast potatoes	33.3	22.9	26.3	19.9	26.1	17.9	26.9	15.7
Yams	0.2	0.6	0.6	0.5	0.8	0.3	0.7	0.3
Pasta	6.7	6.3	5.2	6.0	6.0	7.4	4.9	6.3
Rice	10.8	10.2	6.9	6.8	7.4	6.8	6.7	6.7

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992
Sample size Boys Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4...

Commentary

'Carbohydrate' list — on most days

Chips (which also contain fat) are eaten on most days by up to a third of the boys and about a fifth of the girls. Does this difference suggest that boys are buying them from takeaways, perhaps at lunchtime? More boys than girls eat *white bread*, more girls than boys eat *wholemeal bread*, and it becomes more popular still with the older girls.

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Question 39: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
White bread	10.8	8.6	10.9	12.3	9.8	12.7	10.5	15.2
Wholemeal bread	36.2	30.7	28.6	24.2	28.3	24.5	27.7	21.7
Chapatti flour	78.2	82.3	84.2	87.2	87.2	89.9	86.1	88.2
Maize flour	76.1	79.6	79.2	82.2	80.9	84.2	81.8	84.2
Boiled potatoes	34.9	25.8	27.0	20.1	25.5	18.1	22.5	17.7
Jacket potatoes	39.7	30.1	31.2	21.5	29.0	19.8	27.9	21.5
Chips, roast potatoes	8.0	6.9	6.4	8.0	6.3	8.3	5.3	9.9
Yams	87.8	90.7	90.0	94.0	91.0	95.6	92.7	95.6
Pasta	44.5	38.1	39.6	33.2	30.9	23.3	39.9	29.6
Rice	36.5	31.2	36.4	32.7	28.1	26.5	34.0	29.2

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Carbohydrate' list — rarely or never

Not many boys or girls rarely or never eat *chips*, compared with the substantial number who rarely or never eat *rice* or *pasta* despite many health campaigns which have tried to encourage higher consumption of these foods. *Bread* appears to be a staple food for most people — on the evidence of this table, so do *chips* !

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Question 39: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Sugar-coated cereals	25.7	12.6	22.9	13.9	20.7	10.4	23.4	10.2
Bran, muesli cereals	8.3	8.4	12.4	13.0	14.2	12.4	14.6	15.8
Other cereals	31.7	27.3	31.5	28.4	28.7	22.5	32.0	22.5
Fresh fruit	43.8	57.2	46.4	60.0	44.1	60.7	46.5	63.6
Tinned fruit	13.1	13.0	11.7	11.3	9.8	8.2	9.3	7.8
Baked beans	15.8	13.2	14.0	10.2	12.3	8.3	13.6	9.6
Plantain	1.6	1.5	1.2	1.2	0.9	0.3	0.8	0.6
Vegetables	34.4	48.1	44.6	61.0	52.6	66.2	52.2	67.2
Salads	16.7	25.3	16.8	29.2	20.2	30.2	17.9	30.7
Peas, lentils etc.	16.1	22.7	16.1	23.4	18.1	21.7	18.7	24.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Fruit and vegetable' list — on most days

The diet-conscious girl appears to be making her presence felt again here. For example, more boys than girls are likely to eat *ordinary or sugar-coated cereals*; more girls than boys eat *fresh fruit*; boys are more likely to eat *baked beans*, and girls are more likely to eat *vegetables* in general. They are also much keener on *salads* (are they weight-watching?).

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Question 39: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Sugar-coated cereals	39.4	50.6	38.7	51.0	40.8	60.1	39.9	60.8
Bran, muesli cereals	61.5	57.6	55.7	54.6	54.8	56.2	53.0	52.5
Other cereals	36.0	34.0	34.6	35.1	36.0	44.8	36.5	43.7
Fresh fruit	11.7	4.8	7.9	4.1	7.2	2.7	8.2	3.8
Tinned fruit	35.6	32.3	34.8	31.3	36.5	33.8	36.4	34.8
Baked beans	22.0	26.8	23.3	27.6	25.5	29.7	20.1	26.4
Plantain	83.3	89.0	88.7	91.5	89.7	93.9	91.0	94.6
Vegetables	15.4	7.6	11.6	6.4	8.2	4.6	10.0	5.4
Salads	30.5	18.6	26.9	14.2	22.5	11.1	25.3	12.9
Peas, lentils etc.	31.9	28.8	29.8	25.8	27.9	24.5	27.9	24.8

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Fruit and vegetable' list — rarely or never

A small percentage of both boys and girls rarely or never eat *fresh fruit*. About a quarter of the boys never eat *salads*. The girls tend to avoid *sugar-coated cereals*, and over half the population avoid *bran cereals* and *muesli*.

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Question 39: [How often do you eat these foods?]

Percentage responding ON MOST DAYS

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Tofu	0.9	0.6	0.8	0.8	0.4	1.2	0.6	0.7
Nuts	8.7	8.4	6.2	5.4	6.1	5.5	4.7	4.6
Fruit juice	42.9	43.5	44.3	48.8	46.3	49.6	43.6	48.4
Low-calorie drinks	14.9	19.1	16.3	22.5	15.5	23.5	14.1	25.5
Biscuits	35.1	28.6	33.2	29.7	32.6	28.0	39.0	27.2
Crisps	45.0	46.7	42.8	46.7	41.4	41.0	44.8	40.5
Sweets, chocolates	41.5	37.9	37.4	37.5	39.3	33.9	42.5	36.0
Added sugar	36.5	28.3	36.5	30.6	34.7	27.4	43.5	32.2

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Sundries' list — on most days

More boys report consuming *biscuits* and foods with *added sugar*; similar numbers of boys and girls drink *fruit juice* and eat *crisps*. Girls are noticeably keener on *low-calorie drinks*. Overall, the evidence of this table confirms what we suspected from earlier tables — that girls are more likely to consider their health when choosing what they eat. For many young people it is, in any case, likely that the choice is made for them, either by their parents or by what is available through the school cafeteria service.

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Question 39: [How often do you eat these foods?]

Percentage responding RARELY OR NEVER

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Tofu	85.3	92.2	90.6	92.7	91.2	92.0	93.0	93.0
Nuts	39.9	41.1	42.4	43.9	41.0	43.7	45.5	48.3
Fruit juice	15.8	11.9	12.8	10.0	10.4	10.1	11.7	10.4
Low-calorie drinks	44.3	42.8	41.0	34.9	44.6	36.3	47.7	34.1
Biscuits	8.5	9.3	9.6	9.9	9.8	12.6	8.4	12.2
Crisps	7.3	4.8	6.9	6.9	8.1	8.7	8.3	10.4
Sweets, chocolates	7.1	5.9	6.6	6.9	6.3	8.3	7.2	8.8
Added sugar	28.0	38.1	31.7	40.7	34.5	48.1	30.9	47.0

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Sundries' list — rarely or never

About a third of the boys and almost half the older girls do not add *sugar* to hot drinks, although this does not preclude other forms of sweetener. The small percentages for *fruit juice* suggest that a good deal of this 'healthy' beverage is consumed by young people.

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Question 40: When choosing what to eat, do you consider your health?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	13.6	7.6	13.7	5.9	15.4	4.8	20.7	6.3
Sometimes	39.1	48.1	42.6	41.0	42.4	39.7	43.5	40.7
Quite often	27.8	30.0	26.3	32.7	27.2	32.9	22.3	30.5
Very often	11.3	8.2	11.5	13.7	9.1	16.6	9.5	16.2
Always	8.2	6.2	5.9	6.7	6.0	6.0	4.1	6.3
Valid responses	389	503	3881	3739	1178	1149	3934	4076

These results are based on surveys involving 20,219 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Younger children will have less control over choices. It is worth reflecting again on the comments on page 3 in connection with the increased freedom of movement and choice with the more experienced and confident year 10. Having said that, there is a tendency for the older boys to be less concerned about making healthy choices (one-fifth of year 10 boys say they never take health into account).

Girls are more likely to consider their health than are boys. This is in keeping with the evidence from the preceding tables of what they eat, although 'healthy' dietary choices may be motivated more by a desire to change shape rather than to be healthy. It does not, of course, follow that healthy choices necessarily result even when health is 'taken into account'!

It will be interesting to study how other healthy lifestyle choices correlate with these responses.

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Question 41: Eating — which statement describes you best?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Strict vegetarian	1.2	1.3	0.6	1.0	0.3	0.8	0.4	1.4
No meat (will eat dairy,eggs)	1.0	3.0	1.4	5.4	0.9	5.7	1.0	7.9
Eat meat occasionally	12.6	21.1	9.6	15.4	6.8	11.2	7.5	14.1
Poultry, fish only	1.5	4.0	2.9	7.0	2.2	9.3	3.1	8.8
Eat almost any kind of meat	83.8	70.5	85.5	71.3	89.8	73.1	88.0	67.9
Valid responses	413	525	4160	3923	1262	1199	4299	4254

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

There is substantial evidence here that many young people are *not eating any meat*, or eating it only *occasionally*: about 30% of the girls exhibit some *vegetarian* tendency compared with 10–15% of the boys. Only a very small percentage of young people *never eat meat*.

Some people are vegetarian for ethical or humanitarian reasons, and will eat 'happy' meat. We do not ask people's reasons for refusing to eat meat.

The gender difference in this summary question is obvious: this outcome is consistent with the preceding tables on specific foods.

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Group 2: DOCTOR & DENTIST

The 'doctor' questions reveal when the respondent last visited the doctor. With respect to dental hygiene, questions are asked on treatment or advice, and frequency of visits to the dentist.

Question

How long ago did you visit the doctor? 21
On this last visit, did you feel at ease with the doctor? 22
[Total number of times teeth were cleaned yesterday] 23
On how many days since this time last week have you cleaned your teeth with dental floss? . 24
How long ago did you last visit the dentist? 25
[What treatment or advice did the dentist give you on your last visit?] 26

Question 28: How long ago did you visit the doctor?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the past 7 days	11.2	9.9	8.9	9.9	9.1	9.7	8.3	10.2
In the past month	22.8	23.3	22.0	22.8	21.0	22.8	19.7	23.4
In the past 3 months	24.9	25.6	24.7	23.3	24.2	23.0	23.0	22.9
In the past 6 months	17.1	22.4	20.7	19.6	22.2	19.5	20.9	18.5
In the past year	12.6	13.3	12.9	13.3	11.9	13.1	13.6	12.9
More than a year ago	11.4	5.5	10.7	11.1	11.5	11.9	14.4	12.1
Valid responses	421	527	4137	3890	1258	1195	4285	4256

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The frequency with which young people visit their doctor is remarkably high. ***Young People into the Nineties — Doctor and Dentist*** presents evidence that, over the past seven years, over 70% of boys and girls aged 12 to 16 went to see their doctor on at least one occasion every six months. The figures in the above table show that over half the respondents had visited the doctor within the past three months, and about 90% within the past year. Even though interview work reveals some uncertainty over these longer time intervals, there is no doubt that most young people are visiting their doctor on at least an annual basis. There is little gender difference in the data.

We might ask: "Is it healthy to go to the doctor?"

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Question 29: On this last visit, did you feel at ease with the doctor?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No — very uneasy	12.9	10.1	7.3	9.8	6.1	10.1	6.5	9.5
No — a little uneasy	25.5	39.1	28.2	40.3	28.6	44.3	26.3	41.0
Yes — at ease	61.7	50.8	64.5	49.9	65.3	45.6	67.2	49.5
Valid responses	420	524	4146	3882	1261	1194	4286	4255

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436; Year 8: 4222; Year 9: 1271; Year 10: 4328. Girls: Year 7: 538; Year 8: 3947; Year 9: 1202; Year 10: 4274.

Commentary

Over 60% of the boys report being *at ease* compared with a lower figure (51% or less) for the girls. One in ten of the girls was *very uneasy* on the last visit to the doctor. How uneasy a young person may feel on visiting the doctor can be affected by whether the doctor is male or female, whether the young person is accompanied or otherwise (this can work in both directions), and the nature of the complaint about which the young person has sought advice.

From other survey data we know that about 75% of GPs are male, and that even boys tend to prefer seeing a female doctor.

Specific coaching in the use of health services is often recommended by health educators, although the Unit's *Just A Tick* topic research suggests that teachers regard it as of low priority.

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Question 23: [Total number of times teeth were cleaned yesterday]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	3.3	1.1	2.6	0.8	3.6	0.7	2.5	0.5
Once	16.4	15.0	16.4	9.6	14.6	8.3	18.3	9.0
Twice	61.9	61.1	65.3	68.8	67.7	70.8	64.0	61.9
3 times	16.4	19.2	13.3	17.9	12.6	18.1	13.0	24.7
4 times	2.1	3.6	2.4	2.9	1.5	2.2	2.2	3.9
Valid responses	428	532	4181	3932	1264	1199	4311	4259

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

At the positive end of this health behaviour we find that very large percentages of both sexes clean their teeth twice or more a day. Girls tend to be more conscientious than boys, with a quarter of the year 10 girls cleaning their teeth at least three times a day. At the negative end, the 2–3% of boys not cleaning their teeth is still a very large number when one looks at the total number in each sample, to say nothing of the whole country.

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Question 24: On how many days since this time last week have you cleaned your teeth with dental floss?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	63.7	67.2	62.5	63.2	65.1	59.3	66.6	62.8
One day	7.1	7.7	7.5	8.9	7.0	10.2	5.8	8.7
Two days	5.9	7.5	5.6	6.3	5.9	8.5	6.1	8.1
Three days	5.0	4.1	5.7	6.4	5.0	6.5	5.1	6.4
Four days	4.0	3.4	3.3	3.4	3.5	5.0	2.7	3.3
Five days	1.7	2.3	3.2	2.5	2.3	1.8	2.5	2.0
Six days	1.4	0.6	1.6	1.0	1.4	1.7	1.3	0.9
Every day	11.3	7.2	10.6	8.3	9.9	7.1	9.8	7.8
Valid responses	424	531	4138	3892	1259	1189	4276	4235

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Young people are becoming more aware of good dental care, but further progress could be made by encouraging more youngsters to use dental floss, and to use it correctly. Surprisingly, slightly more boys than girls use it every day, and almost one-third of all the young people in the table appear to use it at least once a week.

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Question 32: How long ago did you last visit the dentist?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the past 7 days	12.4	10.6	11.1	10.5	9.7	9.6	8.0	9.4
In the past month	23.9	24.0	24.1	27.5	22.9	25.1	19.5	22.1
In the past 3 months	25.6	30.1	28.7	28.2	30.8	30.0	29.5	29.2
In the past 6 months	20.2	21.6	23.2	24.0	24.1	24.9	27.3	26.3
In the past year	8.2	7.8	6.6	5.5	6.8	6.2	7.0	7.5
More than a year ago	9.6	6.0	6.2	4.3	5.7	4.3	8.8	5.5
Valid responses	426	529	4170	3919	1269	1202	4306	4266

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992
Sample size Boys Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Most groups contain at least 85% who fit within the '6-month rule'* of visiting a dentist, although there is some indication amongst year 10 pupils (boys in particular) that a larger percentage of this older age group had not been to their dentist within the last six months. There is a small but substantial percentage of youngsters who have not been within the last year.

* We understand that the '6-month rule' is a rule of thumb only rather than a specific medical recommendation.

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Question 33: [What treatment or advice did the dentist give you on your last visit?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Check-up	68.3	71.9	77.7	80.2	81.2	84.9	82.0	84.7
Fillings	23.2	20.6	18.1	16.3	17.5	14.4	21.3	20.0
Extractions	12.8	11.2	12.8	9.6	8.8	8.3	7.5	6.1
Polishing	25.9	26.8	28.1	27.1	33.8	32.1	33.0	30.6
Brace	8.0	11.3	13.9	18.5	16.4	21.1	12.8	16.7
Advice on brushing	30.7	26.8	28.2	21.8	29.6	19.6	25.1	19.7
Advice on flossing	6.0	4.3	6.0	4.9	7.2	6.4	6.7	6.4
None of these	10.1	8.0	4.3	3.4	3.1	2.3	3.2	2.2

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Around one in five boys and girls had teeth 'filled' on their last visit. Extractions become less frequent with age; doubtless this has something to do with milk teeth. About a third of all the young people in the table had their teeth polished. Girls are more likely to be using a brace, while boys are more likely to record that they have been given advice on brushing teeth (page 23 reveals that girls are more likely to brush their teeth). Only a small percentage received advice on flossing (see page 24).

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Group 3: HEALTH & SAFETY

Many of the questions in this group reflect a traditional view of health — physical cleanliness and use of medicines.

Question

How often do you wash your hands after visiting the lavatory? 29
How many baths or showers have you had since this time last week? 30
Since this time last week, on how many days have you taken remedies for any of the following complaints? 31
Since this time last week, on how many days have you used any of the following remedies or medications? 32
When you run, do you 'wheeze' and have trouble breathing? 33
Do you have a night cough which disturbs your sleep? 34

Question 22: How often do you wash your hands after visiting the lavatory?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never or almost never	1.7	0.9	2.5	0.9	2.4	0.9	3.2	1.0
Sometimes	23.5	17.8	26.4	18.5	26.6	15.5	24.2	15.6
Whenever possible	74.8	81.2	71.2	80.6	71.0	83.6	72.6	83.4
Valid responses	421	527	4117	3895	1242	1187	4234	4230

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

It surprises many people that so many youngsters do not choose the *whenever possible* response to this question; indeed, discovering over 25% of the boys and up to 20% of the girls registering from *sometimes* to *never* can come as quite a shock. We know from schools reporting back on the data, after it has been discussed by the pupils, that a major factor has to do with the local conditions — to what extent are washing facilities provided and are they attractive? We also know from our own interview work that boys and girls feel strongly about the opportunity to practise good hygiene in the school environment.

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Question 25: How many baths or showers have you had since this time last week?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	0.5	0.0	0.4	0.2	0.2	0.2	0.4	0.1
One	4.0	2.4	2.6	1.8	1.5	1.2	1.6	1.4
Two	7.0	7.3	6.7	5.8	6.6	3.8	5.2	4.0
Three	9.5	10.3	10.1	10.3	8.9	8.8	9.4	7.7
Four	13.3	13.8	12.9	12.1	12.2	10.3	12.4	12.0
Five	11.6	13.1	11.5	13.1	12.1	12.9	11.1	10.6
Six	8.1	10.7	10.8	10.6	10.7	10.1	11.1	10.6
Seven	11.6	11.4	13.3	14.4	15.1	17.1	15.9	18.8
Eight or more	34.4	31.0	31.7	31.6	32.6	35.7	32.9	34.8
Valid responses	430	535	4186	3932	1267	1199	4302	4267

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Very few boys or girls had no bath or shower, or just one, in the previous week. About one-third of all the youngsters in the sample had eight or more baths or showers in the previous week, and almost half had one 7 times or more, which could mean every day. The younger generation do seem to be very hygienic! How will water metering affect this?

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Question 26: Since this time last week, on how many days have you taken remedies for any of the following complaints?

Percentage answering ONE DAY OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Asthma	13.3	8.2	13.2	10.4	12.2	11.0	10.8	10.6
Colds	28.0	34.9	28.2	36.9	28.8	39.0	24.5	35.3
Diabetes	1.4	0.9	1.0	0.8	0.5	0.7	0.9	0.6
Allergies	7.3	6.7	8.4	9.4	8.2	9.1	7.9	11.4
Skin problems	10.8	14.9	12.1	20.3	15.2	25.1	13.9	22.6
None of these	53.7	50.6	53.4	45.8	53.3	41.1	56.2	43.8

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

One would reasonably assume that taking remedies for colds would be linked to the time of year; thus, very high levels in some months may be diluted by very low levels during other months. The girls seem to be more prone to colds than boys are, with about one-third taking medicine. Skin problems also seem to be of more concern to girls. It is often reported that more boys than girls suffer from asthma, and the medication levels here would support this conclusion for years 7 and 8, but less so for years 9 and 10.

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Question 27: Since this time last week, on how many days have you used any of the following remedies or medications?

Percentage responding ONE DAY OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Iron tablets	5.3	4.8	5.2	5.6	4.6	7.1	4.5	8.6
Vitamins	22.9	29.2	27.9	31.4	26.0	30.9	23.3	30.2
Antibiotics	5.0	5.6	5.9	7.0	6.1	6.2	6.4	9.0
Painkillers	28.0	32.7	29.7	40.0	30.2	46.9	28.6	50.7
Lotions,creams	18.8	44.4	22.4	51.5	25.2	55.6	23.5	53.2
Laxatives	1.1	1.1	1.3	1.3	0.9	1.6	1.1	1.5
Herbal remedies	3.9	3.0	4.4	6.5	3.9	8.9	4.1	8.3
Other	8.3	3.7	6.0	6.1	4.7	4.7	5.7	5.2
None of these	39.4	30.5	38.9	21.3	36.3	17.2	41.4	17.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Here again we see some very noticeable differences between the boys and girls. In general terms, (see bottom line of table) girls are more likely than boys to be taking the remedies or medicines listed. More girls than boys take painkillers, the difference increasing with age; the same is true for lotions and creams. On average about a quarter of the young people are taking vitamin supplements. One wonders what connection there may be with this and the belief in some people that there is a link between IQ and vitamin intake.

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Question 30: When you run, do you 'wheeze' and have trouble breathing?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	38.4	31.4	40.7	28.9	40.8	25.2	42.9	27.3
Occasionally	40.9	43.9	41.2	48.5	42.7	53.0	43.4	52.0
Quite often	10.6	14.8	10.9	13.7	11.0	13.1	8.3	12.6
Very often	10.1	9.8	7.2	8.9	5.6	8.8	5.4	8.1
Valid responses	425	528	4160	3916	1268	1200	4302	4254

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Concentrating on categories *quité often* and *very often*, it is interesting to note that more girls than boys consistently have higher percentages, although more boys than girls in this age range are diagnosed asthmatics. Does this mean that some asthmatics, particularly girls, have not had their symptoms recognised? Combining this data with that on page 31 it is found that most of the asthma medicators report wheezing and having trouble breathing after running, typically together with a similar percentage of those who also wheeze but who are not on asthma medication. Asthma specialists suspect under-diagnosis, and it may be that this particular question, in addition to revealing those who have been diagnosed to have asthma, also records the percentage who may have asthma and who certainly report wheezing and having trouble breathing.

Some young people taking medication for asthma say they don't have trouble breathing after running. It may be that their asthma is well controlled by their dosages, or that their asthma manifests itself in different ways, for example as a night cough (see over).

Lastly, we must note that some unfit youngsters may think that 'trouble breathing' means 'out of breath'.

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Question 31: Do you have a night cough which disturbs your sleep?

Percentage responses

	Year 7 (11–12)		*Year 8 (12–13)*		*Year 9 (13–14)*		*Year 10 (14–15)*	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never	62.1	48.6	66.3	53.8	66.3	55.5	72.6	56.9
Occasionally	29.6	41.9	28.0	37.7	28.9	36.3	22.8	35.8
Quite often	4.0	6.1	3.8	5.8	2.8	5.9	3.2	5.1
Very often	4.2	3.4	1.9	2.7	2.0	2.3	1.5	2.2
Valid responses	425	525	4164	3917	1264	1193	4300	4256

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992
Sample size Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Slightly more girls than boys report often being disturbed by night coughs: the figures are 7–10% for the girls and 5–8% for the boys. Research into the occurrence of night coughs and asthma medication, using the Health Related Behaviour Questionnaire data, has not produced the links that the 'wheezing' question has, but the data does suggest that two or three pupils in an average class could have come to school after a disturbed night's sleep.

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Group 4: HOME

Young people spend the majority of their time in and around the home, and it is important for teachers designing an effective health-education input to understand this background. Relevant questions are scattered through the Health Related Behaviour Questionnaire, but the ones included here relate particularly to spare-time activities and home routine. There is also an attempt to derive a 'newspaper readership index' from information about national daiiy newpapers read by the family.

Question

[How long did you spend watching television after school yesterday?] 37
[How long did you spend doing homework after school yesterday?] 38
[Time spent on activities after school] 39
In your spare time, how much can you find to do? 40
When did you get to sleep last night? 41
When did you wake up this morning? 42
[Newspaper readership group] 43
[What national daily newspapers are available at home?] 44

Question 10: [How long did you spend watching television after school yesterday?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Not at all	20.6	16.4	12.7	13.3	17.6	10.7	12.3	13.0
Up to 1 hour	28.5	33.8	27.3	28.5	29.7	26.0	24.6	28.9
Up to 2 hours	26.0	25.2	28.6	28.4	25.4	30.4	28.5	28.6
Up to 3 hours	14.1	15.4	17.3	17.8	15.1	19.0	19.1	18.2
Up to 4 hours	6.2	6.8	7.7	7.1	5.9	9.3	9.2	7.1
Up to 5 hours	1.9	1.6	2.9	3.0	3.2	2.6	3.8	2.7
More than 5 hours	2.7	0.8	3.4	1.8	3.0	1.9	2.6	1.5
Valid responses	369	500	3777	3694	1171	1134	3959	4075

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Yesterday' refers to the days Monday–Thursday, **not** a Friday, Saturday or Sunday.

It may come as a surprise to readers that a noticeable percentage of 10–15% of youngsters watched *no television at all*. Further examination shows that about half watched for between *one and two hours*, while about 10% watched for more than *three hours*.

This is summer and winter data combined, and there may possibly be seasonal variations concealed in the figures.

Television-watching is often frowned upon, especially if it is seen to conflict with other more 'worthy' activities.

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Question 10: [How long did you spend doing homework after school yesterday?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Not at all	28.3	19.0	28.3	18.1	21.4	15.7	32.4	19.8
Up to 1 hour	47.3	44.9	47.9	46.2	44.4	39.6	38.7	36.7
Up to 2 hours	17.0	27.9	18.5	26.1	26.6	31.1	21.1	27.3
Up to 3 hours	6.9	7.4	4.3	7.2	5.8	10.6	5.4	11.7
Up to 4 hours	0.5	0.8	0.7	2.0	1.2	2.2	1.6	2.9
Up to 5 hours	0.0	0.0	0.1	0.2	0.3	0.5	0.3	1.2
More than 5 hours	0.0	0.0	0.1	0.2	0.3	0.2	0.4	0.5
Valid responses	364	501	3801	3681	1181	1138	4015	4066

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The figures for those who did no homework at all is always interesting, particularly to schools. However, on a particular evening doing none at all may be totally legitimate, so the habitual homework avoiders will be fewer than the number in the *Not at all* row.

These figures do not refer to Friday evenings.

More girls than boys appear to have done some homework, and the majority of pupils who did some homework appear to have spent up to one hour on it. Girls also outnumber boys at the 'heavy' end of the scale.

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Question 10: [Time spent on activities after school]

Percentage SPENDING ANY TIME

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Watched TV	67.2	77.7	78.1	81.1	75.9	84.3	80.3	82.9
Watched video	17.4	16.0	15.7	12.9	11.3	12.1	14.5	12.7
Listened to music	37.6	45.4	46.1	62.4	54.1	66.4	60.3	76.7
Played indoor games	29.1	23.0	27.8	16.3	24.3	12.6	17.7	8.3
Played outdoors	41.7	24.9	47.4	30.6	34.3	18.0	35.9	15.5
Met friends	36.5	35.5	45.4	45.3	43.1	40.3	50.6	50.6
Drawing, writing	28.4	39.8	22.8	30.6	20.5	26.2	16.3	21.0
Played instrument	12.2	24.7	12.6	22.4	16.0	20.5	11.0	14.4
Used computer	50.7	32.0	51.2	27.3	46.3	24.6	41.8	16.7
Pets	32.3	44.6	41.7	52.4	34.1	51.4	32.2	44.8
Read a book	31.7	53.3	29.1	47.0	30.5	43.2	20.8	36.0
Read magazines	28.0	23.6	31.0	34.6	33.3	34.6	32.8	36.3
Scouts, guides etc.	9.4	11.2	8.6	10.1	10.9	9.1	5.1	5.1
Homework	59.9	75.5	64.5	76.3	73.0	79.8	62.7	76.3
Hobbies	52.8	50.2	54.7	52.1	47.3	46.4	49.9	42.1
None of these	17.4	6.9	10.8	6.6	7.9	5.9	8.6	4.8

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992
Sample size Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

If one totals any one of these columns it comes to five or six hundred percent. Therefore young people are doing a number of different things in the evening. Boys' activities, in order of percentage involvement, are *watching TV, doing homework, hobbies, listening to music*, and *meeting friends*. Girls' are *watching TV, doing homework, listening to music, hobbies*, and *pets*.

Listening to music increases with age, while *playing indoor games, drawing and writing, reading*, and *using computers* go down with age.

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Question 11: In your spare time, how much can you find to do?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very little	22.6	20.6	14.1	20.2	16.0	20.9	17.1	21.6
Plenty	61.7	71.1	74.4	73.1	73.7	73.9	71.4	70.5
Too much	15.7	8.3	11.5	6.7	10.3	5.2	11.5	8.0
Valid responses	394	505	3931	3750	1183	1153	4035	4140

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

More girls than boys, particularly in years 8, 9 and 10, appear to have difficulty in finding enough to do. Correspondingly, more boys have too much. This may sound a good thing, but is it? The question is not specific about what constitutes 'doing something' — does this include passive activities such as watching television or listening to music? The content of the adjacent question 10 implies that it does.

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Question 60: When did you get to sleep last night?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
By 9.00	12.1	15.3	6.1	6.6	3.4	3.0	2.4	2.1
By 9.30	12.7	17.4	9.6	10.6	5.6	6.9	3.2	4.4
By 10.00	23.1	17.8	24.3	23.2	18.2	18.8	11.5	12.2
By 10.30	14.1	16.3	20.4	21.9	22.7	22.9	18.4	20.0
By 11.00	14.6	17.4	19.1	17.6	20.5	20.8	23.6	24.2
By 11.30	8.5	8.9	9.1	10.8	12.9	12.7	15.9	16.1
By 12.00	10.1	4.4	5.8	4.9	8.4	7.6	12.6	9.9
By 1.00 a.m.	3.7	1.7	3.9	3.3	5.1	5.8	8.6	8.2
By 2.00 a.m	0.6	0.4	1.1	0.8	2.1	0.9	2.7	2.1
After 2 a.m.	0.6	0.4	0.6	0.4	0.9	0.5	1.1	0.8
Valid responses	355	472	3935	3795	1223	1181	4126	4193

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 536 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The times for 50% of each year group getting to sleep are approximately as follows:

Year 7 *boys and girls:* 10.00 pm
Year 8 *boys and girls:* 10–10.30 pm
Year 9 *boys and girls:* 10.30 pm
Year 10 *boys:* 11.00, *girls:* 10.30–11.00 pm

In the year 10 sample, about 10% of boys and girls got to sleep after midnight, with school on the following day.

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Question 61: When did you wake up this morning?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
By 6.00	5.3	7.1	7.1	4.3	7.7	4.9	7.2	5.0
By 6.30	8.9	8.4	9.5	10.7	9.4	10.1	9.7	10.3
By 7.00	26.9	33.0	28.1	32.6	26.4	31.6	23.8	29.4
By 7.30	33.0	34.2	31.0	34.0	35.4	37.1	30.8	36.1
By 8.00	20.2	12.5	19.2	15.6	16.5	13.5	21.8	15.3
After 8.00	5.8	4.8	5.1	2.8	4.5	2.9	6.7	3.9
Valid responses	361	479	3966	3827	1234	1184	4155	4204

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In keeping with the preceding table of figures, more of the older groups are going to bed later and many are also getting up later. However, a very steady 15% of all groups are awake (and out of bed?) by 6.30. Are these the paper-/milk-rounders?

There are more lie-a-beds among the boys -- 20–25% wake up after 7.30, compared with 15–20% of girls.

6.30–7.30 sees about half the young people waking up.

It is not clear from these two sets of data that the same youngster who is going to bed late is also getting up late. Research to connect the two would test this (see *Young People into the Nineties — Home).*

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Question 62: [Newspaper readership group]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
1 (Times, Telegraph, Guardian, Independent)	27.5	28.4	30.3	29.8	44.5	37.9	27.3	27.2
2 (Mail, Express, Today)	23.5	23.6	28.3	28.5	24.8	26.1	30.0	31.7
3 (Mirror, Star, Sun)	49.0	48.0	41.4	41.7	30.7	36.1	42.7	41.1
Valid responses	302	402	3075	2965	980	959	3228	3210

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The question asks which listed national daily papers are regularly taken in the home, but not whether they are read by the young people themselves.

The table overleaf lists the national newspapers for which data is collected. Each one is assigned a 'readership group', even though they are not all indicated in the categories above.

If newspapers belonging to different readership groups are taken in the same home, the group selected is in order of group 1, group 2 and group 3.

This scale is an innocuous way of discovering something about the young people's home background. The data, despite its 'broad-brush' nature, is found to correlate well with many socially-related behaviours.

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Question 62: [What national daily newspapers are available at home?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Daily Express	7.7	10.8	11.5	10.9	11.3	10.3	11.2	10.6
Daily Mail	15.3	15.4	16.7	17.6	21.5	20.3	16.9	18.6
Daily Telegraph	9.0	7.5	9.1	8.1	15.3	9.5	8.4	7.8
Daily Star	9.0	6.4	7.1	6.5	5.2	4.9	6.7	5.8
Today	5.5	6.4	6.3	5.5	4.1	4.2	5.0	5.1
The Scotsman	1.1	1.2	0.3	0.5	1.2	1.4	0.4	0.4
Daily Record	25.4	20.3	5.6	6.6	10.4	11.1	5.7	5.7
The Guardian	7.1	7.7	6.6	6.4	9.2	11.4	5.6	6.9
Daily Mirror	15.6	19.3	21.3	20.0	12.3	16.0	21.1	19.9
The Times	7.7	10.8	8.5	9.4	14.8	11.8	7.1	7.2
The Sun	30.9	33.2	27.5	28.8	20.6	22.7	25.8	25.1
The Independent	3.6	3.5	5.7	6.2	7.6	6.5	5.5	5.9
Daily Express (Scotland)	2.2	1.0	1.3	0.8	1.3	0.9	0.6	0.7
No national daily paper	17.5	16.8	22.0	21.8	20.4	18.4	22.4	23.1

These results are based on surveys involving 20,872 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In this sample, about 20% of homes do not have a national daily, but may take a local newspaper. The Scottish element in the year 7 sample is substantial and is reflected by the number of homes taking the *Daily Record*.

Almost all the schools in the sample are mixed comprehensives, so the boys and girls in each year group should represent the same social 'mix'.

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Group 5: DRUGS

Information about the use of drugs, whether legal or illegal, is often sensationalised. It is an area where the teacher may feel handicapped by a lack of knowledge about their degree of use, and a confidential questionnaire offers the best chance of deriving reliable information. Although tobacco and alcohol are in a general sense 'legalised', some of the questions reveal the extent of under-age purchase of alcoholic beverages. Tables referring to the availability of solvent and 'illegal' drugs are presented, plus responses to questions about the availability of information on these drugs.

Question

How many cigarettes did you smoke yesterday? 47
How many cigarettes have you smoked since this time last week? 48
Smoking — which statement describes you best? 49
Attitude to smoking — which statement describes you best? 50
Do any of these people smoke on most days? 51
[Since this time last week, how many pints of canned shandy have you drunk?] 52
[Since this time last week, how many pints of mixed shandy have you drunk?] 53
[Since this time last week, how many pints of beer or lager have you drunk?] 54
[Since this time last week, how many pints of low-alcohol beer or lager have you drunk?] . . 55
[Since this time last week, how many pints of cider have you drunk?] 56
[Since this time last week, how many glasses of wine have you drunk?] 57
[Since this time last week, how many glasses of low-alcohol wine have you drunk?] 58
[Since this time last week, how many glasses of fortified wine have you drunk?] 59
[Since this time last week, how many measures of spirits have you drunk?] 60
[Total number of alcohol units consumed since this time last week] 61
[On how many days since this time last week did you have an alcoholic drink?] 62
Have you bought alcoholic drink at any of these places since this time last week? 63
Have you drunk alcoholic drink at any of these places since this time last week? 64

If you ever drink at home, do your parents know? 65
Since this time last week, how often have you visited a pub or bar? 66
When you last visited a pub or bar, with whom did you spend most of your time there? 67
What do you know about these drugs? 68
Has anyone ever offered or encouraged you to try any of these drugs? 69
Have you ever taken any of these drugs ? 70
Do you know anyone who you think takes any of the drugs listed in question 70? 71
[If you know anyone who you think takes drugs, what do they take?] 72

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Question 42: How many cigarettes did you smoke yesterday?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	97.8	97.7	95.6	94.8	91.1	89.7	84.3	79.8
1 cigarette	0.5	0.6	0.9	1.3	1.7	1.6	1.9	2.4
2 cigarettes	0.2	0.4	0.6	1.0	0.9	1.4	1.8	2.3
3 cigarettes	0.2	0.2	0.5	0.3	0.6	1.3	1.5	2.3
4 cigarettes	0.2	0.2	0.3	0.3	1.3	1.0	1.2	1.5
5 cigarettes	0.2	0.2	0.4	0.6	1.4	1.5	1.8	2.1
6–10 cigarettes	0.7	0.8	0.9	1.3	1.5	2.3	4.3	6.1
11–15 cigarettes	0.0	0.0	0.3	0.2	0.8	0.3	1.5	2.0
16–20 cigarettes	0.0	0.0	0.2	0.1	0.2	0.6	0.9	1.0
21+ cigarettes	0.0	0.0	0.2	0.1	0.5	0.2	0.8	0.5
Valid responses	411	522	4135	3909	1254	1193	4255	4238

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table should be examined with the following table *How many cigarettes have you smoked since this time last week?* From the table above we find that 16% of boys and 20% of girls in year 10 smoked on the previous day. Friday, Saturday and Sunday are not included in this question, and heavier and wider use might be anticipated at weekends.

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Question 43: How many cigarettes have you smoked since this time last week?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	97.3	95.8	93.1	92.1	86.0	84.1	79.6	72.4
1–10 cigarettes	1.5	2.5	4.0	5.1	7.5	7.4	7.6	11.3
11–15 cigarettes	0.0	0.6	0.3	0.4	0.6	1.1	1.4	1.5
16 –25 cigarettes	0.7	0.6	1.1	0.9	1.7	3.4	2.8	4.2
26 – 35 cigarettes	0.2	0.2	0.2	0.6	1.3	1.3	1.8	2.5
36 – 45 cigarettes	0.0	0.2	0.3	0.4	0.6	0.9	1.3	2.0
46 – 55 cigarettes	0.2	0.0	0.2	0.2	0.7	0.3	1.2	1.6
56 – 65 cigarettes	0.0	0.0	0.2	0.1	0.3	0.4	1.0	1.1
66+ cigarettes	0.0	0.2	0.6	0.3	1.4	1.1	3.3	3.4
Valid responses	411	522	4135	3906	1258	1192	4253	4231

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Looking at this table, 20% of boys compared with 27% of girls aged 14–15 smoked at least once during the previous week. In past years, looking for 'heavy smoking', it has not been unusual to find that the heaviest smokers are amongst the boys. However our recent data has started to indicate a change, and in this latest table, at the 36+ weekly level for year 10 pupils, we find 7% of boys and 8% of girls. Not only are more girls than boys smokers, but they smoke more heavily.

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Question 44: Smoking — which statement describes you best?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never smoked at all	72.1	75.2	61.6	59.4	48.7	47.0	42.3	34.2
Once or twice	16.9	16.5	24.5	22.2	28.3	24.2	27.5	24.4
Given up	7.1	5.0	7.3	9.8	9.0	9.8	8.4	11.2
Occasionally	2.2	1.9	3.8	5.5	8.0	11.2	11.1	14.8
Regularly	1.7	1.3	2.8	3.2	6.1	7.8	10.7	15.4
Valid responses	409	521	4135	3900	1256	1194	4276	4237

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

These figures fit quite nicely with respect to earlier tables showing those boys and girls who reported *regularly* or *occasionally* smoking, demonstrating an internal consistency in the data collected from different parts of the questionnaire.

By the time they reach year 7, 29% of boys and 25% of girls have already experimented with smoking. By year 10 these numbers are 58% and 66% respectively.

The self-styled *regular* and *occasional* smokers in year 10 number 22% of boys and 30% of girls, which is only slightly more than the percentage who smoked at least one cigarette during the previous week, giving a good indication of their concept of 'occasional' smoking.

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Question 45: Attitude to smoking — which statement describes you best?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Don't & never will	83.3	84.5	80.0	74.3	73.1	65.6	70.1	60.0
Don't but may do	13.0	12.0	13.3	16.9	13.3	16.6	10.0	11.5
Do & want to give up	2.5	3.1	5.1	6.8	10.3	13.6	14.6	22.0
Don't want to give up	1.2	0.4	1.7	2.0	3.3	4.2	5.2	6.5
Valid responses	407	517	4104	3872	1248	1180	4223	4193

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In this particular question we provide the opportunity for young smokers to say how they feel about it. Amongst this group (the two lower lines) 4 out of 5 smokers pick the option that they would *like to give it up*. Thus, 80% of smokers who have become involved in the habit at such an early age apparently would welcome a way out; this knowledge could be helpful in mounting 'smoking cessation' strategies with young people, which is one purpose behind the use of the question.

It is also quite common to discover that higher percentages of youngsters report smoking in the last week than actually identify themselves as being 'smokers'. At what level of cigarette consumption does a young person, or an adult, become a 'smoker'?

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Question 46: Do any of these people smoke on most days?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	28.9	28.1	29.2	29.0	25.0	27.9	28.1	29.6
Father	35.3	36.8	32.8	34.6	30.0	32.6	33.6	33.1
Brother	6.7	9.3	10.5	10.5	12.0	12.0	14.5	14.3
Sister	7.1	7.4	10.5	10.4	9.4	9.9	11.5	13.2
Other close relation	57.6	60.2	57.4	58.1	52.6	56.4	51.8	51.8
Best friend	9.9	6.9	13.9	13.5	21.5	22.7	32.1	34.4
None of the above smoke	25.7	24.2	23.8	23.3	25.3	25.5	21.6	21.3

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

People who smoke and are close to the young people are listed here. More *fathers* than *mothers*, and more *brothers* than *sisters*, are reported as 'smoking on most days'. National statistics indicate that more females than males smoke, therefore are male smokers more likely to smoke 'on most days' than female smokers?

The high percentage of close relations who smoke is the expected consequence of having a fairly large personal 'sample' in which to find a smoker.

The percentage of *best friends* who smoke is actually in excess of the percentages in that year group who are smokers. Other data indicates that young people who have smokers (particularly their friends) around them are more likely to smoke, but assuming that their best friends are of their own age, the figures above suggest that at least some smokers are popular with non-smokers as well.

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Question 63a: [Since this time last week, how many pints of canned shandy have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	73.2	90.5	70.4	85.8	71.1	86.2	77.5	89.3
1 pint	21.3	8.7	23.8	12.6	21.9	11.9	17.2	9.5
2 pints	4.1	0.4	3.3	1.1	4.7	1.5	3.2	0.8
3 pints	0.5	0.4	1.3	0.3	1.0	0.2	0.9	0.2
4 pints	0.5	0.0	0.6	0.0	0.3	0.1	0.6	0.1
5 pints	0.3	0.0	0.3	0.1	0.4	0.1	0.2	0.0
6 pints	0.0	0.0	0.2	0.0	0.2	0.0	0.2	0.1
7 pints	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0
8 pints	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
9 or more	0.0	0.0	0.2	0.0	0.2	0.0	0.2	0.1
Valid responses	366	482	3928	3802	1222	1183	4156	4196

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Canned shandy typically contains little or no alcohol. It appears to be quite a popular drink, more so for boys than for girls. About 30% of the youngest boys are already drinking it — when did they start?

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Question 63a: [Since this time last week, how many pints of mixed shandy have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	86.6	95.0	83.7	93.7	84.3	93.4	86.1	94.0
1 pint	9.0	4.4	12.4	5.5	12.3	5.5	9.6	4.9
2 pints	2.2	0.4	2.4	0.7	2.0	0.5	2.6	0.9
3 pints	0.8	0.2	0.8	0.1	0.4	0.4	0.8	0.1
4 pints	0.5	0.0	0.3	0.1	0.2	0.1	0.2	0.0
5 pints	0.8	0.0	0.1	0.0	0.2	0.1	0.2	0.0
6 pints	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0
7 pints	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
8 pints	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
9 or more	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0
Valid responses	366	482	3931	3803	1224	1184	4165	4201

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In this set of data, the implication is that lemonade or ginger beer is mixed with alcoholic beer, lager or cider. The figures suggest a fair amount of use of this drink across the ages, but smaller percentages than those for canned shandy on the opposite page. The percentages drinking it are similar across the age groups, whereas canned shandy loses popularity with the older respondents.

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Question 63a: [Since this time last week, how many pints of beer or lager have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	88.0	96.3	82.1	92.6	72.6	88.8	62.7	78.5
1 pint	9.3	2.3	12.5	5.5	15.2	7.1	14.7	11.9
2 pints	1.9	1.2	2.9	1.2	4.3	2.2	7.9	4.8
3 pints	0.8	0.2	1.0	0.3	3.0	0.9	4.4	2.1
4 pints	0.0	0.0	0.5	0.1	1.5	0.4	3.2	1.2
5 pints	0.0	0.0	0.3	0.2	1.4	0.3	2.4	0.6
6 pints	0.0	0.0	0.2	0.0	0.7	0.2	1.5	0.3
7 pints	0.0	0.0	0.1	0.0	0.2	0.0	0.6	0.1
8 pints	0.0	0.0	0.1	0.0	0.2	0.0	0.7	0.3
9 or more	0.0	0.0	0.3	0.1	0.9	0.2	1.9	0.3
Valid responses	366	482	3920	3802	1220	1183	4143	4195

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Consumption of beer or lager is common amongst boys and girls, as one might anticipate from previous annual reports. Even at 11–12, 12% of the boys are drinking it on a weekly basis, and this rises to about one-third at 14–15. The figures are predictably less for the girls. There are a few quite heavy drinkers amongst the 14–15 year old boys.

There is no distinction in the survey between 'normal' and 'extra' strength beers and lagers consumed (the calculation of 'units' consumed assumes 'normal' strength).

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Question 63a: [Since this time last week, how many pints of low-alcohol beer or lager have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	92.3	98.3	90.7	96.2	90.0	97.3	91.5	95.9
1 pint	6.0	1.5	7.1	3.2	7.9	2.4	5.7	3.0
2 pints	1.1	0.0	1.4	0.3	0.9	0.2	1.5	0.7
3 pints	0.3	0.2	0.4	0.1	0.8	0.0	0.5	0.1
4 pints	0.0	0.0	0.2	0.1	0.2	0.1	0.2	0.1
5 pints	0.0	0.0	0.2	0.1	0.1	0.0	0.3	0.1
6 pints	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
7 pints	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8 pints	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
9 or more	0.3	0.0	0.1	0.0	0.1	0.0	0.1	0.0
Valid responses	365	482	3936	3806	1224	1184	4165	4201

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The consumption of low-alcohol beer does not share the increase with age shown by ordinary beer, but even so it might come as a surprise to find almost as many as 10% of the boys drinking some.

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Question 63a: [Since this time last week, how many pints of cider have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	89.3	95.8	85.8	91.7	83.9	87.7	76.6	79.8
1 pint	8.8	2.9	9.9	6.0	9.9	7.7	11.6	10.6
2 pints	0.5	0.6	2.4	1.2	2.7	2.6	5.5	4.8
3 pints	0.3	0.2	0.7	0.4	1.8	0.6	2.5	2.3
4 pints	0.8	0.2	0.5	0.3	0.4	0.8	1.8	1.3
5 pints	0.0	0.0	0.2	0.2	0.5	0.2	0.7	0.4
6 pints	0.0	0.0	0.1	0.1	0.2	0.2	0.3	0.5
7 pints	0.0	0.0	0.1	0.0	0.2	0.1	0.3	0.1
8 pints	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0
9 or more	0.3	0.2	0.1	0.0	0.3	0.2	0.4	0.1
Valid responses	365	481	3927	3799	1221	1178	4152	4182

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Cider appears to be equally popular amongst the boys and the girls across the age groups. In the oldest age group about a quarter of the boys indicated that they had drunk some cider in the past week. It should be noted that the *1 pint* category includes any quantity up to, and including, one pint.

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Question 63a: [Since this time last week, how many glasses of wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	86.3	88.7	79.9	82.4	77.6	79.0	76.5	70.5
1 glass	8.5	8.4	13.6	11.7	14.4	11.7	11.8	13.0
2 glasses	2.7	1.5	4.0	3.3	4.8	5.1	6.0	8.2
3 glasses	0.8	0.6	1.4	1.6	1.7	2.5	2.7	3.1
4 glasses	0.8	0.4	0.5	0.4	0.5	0.8	1.2	2.2
5 glasses	0.5	0.0	0.2	0.3	0.3	0.3	0.5	1.0
6 glasses	0.0	0.2	0.1	0.2	0.2	0.2	0.5	0.8
7 glasses	0.0	0.0	0.1	0.1	0.1	0.1	0.2	0.2
8 glasses	0.0	0.0	0.1	0.0	0.1	0.2	0.1	0.3
9 or more	0.3	0.2	0.2	0.1	0.2	0.2	0.5	0.6
Valid responses	366	479	3933	3796	1220	1178	4150	4186

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The wine counted here is other than 'low-alcohol' and 'fortified' wines, which are shown on pages 58 and 59.

In previous years' data the equivalent table has shown that wine is a more popular drink with girls than with boys. Here, for the 14–15 year olds, this again is the case. In the younger age groups the boys are more likely to report drinking wine. In common with other alcoholic beverages, the 'glasses' are likely to have been generous if they were drunk at places other than at a bar.

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Question 63a: [Since this time last week, how many glasses of low-alcohol wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	93.4	94.0	92.2	93.4	92.8	93.7	96.0	93.9
1 glass	5.5	4.8	5.7	4.6	5.1	4.5	2.4	3.7
2 glasses	0.5	0.4	1.0	1.3	1.0	1.4	1.1	1.5
3 glasses	0.5	0.4	0.6	0.4	0.7	0.3	0.2	0.5
4 glasses	0.0	0.4	0.2	0.2	0.2	0.1	0.1	0.2
5 glasses	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0
6 glasses	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1
7 glasses	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
8 glasses	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
9 or more	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Valid responses	365	481	3942	3805	1224	1185	4165	4196

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Evidence of drinking low-alcohol wine is fairly rare but nonetheless is present amongst a small but consistent percentage of all the age groups.

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Question 63a: [Since this time last week, how many glasses of fortified wine have you drunk?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	92.1	94.6	92.3	92.1	90.2	87.7	89.1	82.6
1 glass	5.2	3.7	4.9	4.8	5.2	6.0	5.4	7.9
2 glasses	1.9	0.4	1.3	1.7	1.9	3.2	2.1	4.2
3 glasses	0.3	0.8	0.7	0.6	1.1	1.3	1.3	2.2
4 glasses	0.0	0.2	0.5	0.3	0.7	0.8	0.7	1.2
5 glasses	0.0	0.0	0.1	0.2	0.5	0.3	0.5	0.7
6 glasses	0.3	0.0	0.1	0.0	0.2	0.3	0.3	0.5
7 glasses	0.0	0.0	0.0	0.1	0.2	0.2	0.2	0.1
8 glasses	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.1
9 or more	0.0	0.2	0.1	0.1	0.1	0.2	0.4	0.4
Valid responses	366	481	3929	3805	1221	1180	4154	4190

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

These heavier wines, which include e.g. sherry, Martini, and Cinzano, are more popular with the older girls than with the boys. The girls' taste for these beverages seems to 'overtake' the boys in the 12–13 age group.

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Question 63a: [Since this time last week, how many measures of spirits have you drunk?]

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	93.2	96.7	93.3	95.2	86.4	90.6	82.7	84.7
1 measure	4.1	2.7	3.9	2.6	6.5	3.7	7.2	5.7
2 measures	0.5	0.4	1.2	0.7	2.3	2.1	3.4	3.4
3 measures	0.5	0.0	0.6	0.4	1.7	0.8	1.9	1.7
4 measures	0.5	0.2	0.3	0.4	1.6	0.6	1.4	1.4
5 measures	0.0	0.0	0.3	0.2	0.2	0.6	1.0	0.8
6 measures	0.3	0.0	0.2	0.1	0.4	0.7	0.7	0.8
7 measures	0.0	0.0	0.1	0.1	0.2	0.3	0.2	0.2
8 measures	0.0	0.0	0.0	0.1	0.2	0.3	0.2	0.3
9 or more	0.8	0.0	0.2	0.2	0.5	0.4	1.3	0.9
Valid responses	367	481	3922	3795	1219	1174	4136	4161

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

By the age of 14–15 over 15% of the boys and girls have reported drinking spirits in the last week. We recall from our 1987–88 data (*We Teach Them How To Drink!* —first edition) that there were more girls than boys consuming spirits, but for this 1992 data the reverse seems to be true.

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Question 63a: Total number of alcohol units consumed in last 7 days

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	66.3	80.2	58.3	70.4	51.7	61.9	42.2	46.6
1 unit	9.0	8.3	11.6	11.2	9.8	11.3	6.8	10.2
2 units	6.6	4.0	8.2	5.7	9.2	7.4	8.3	9.3
3 units	4.7	2.9	4.7	3.3	4.5	3.9	4.3	5.3
4 units	2.2	1.3	3.8	2.3	4.0	3.2	5.9	4.9
5 units	2.2	0.2	2.0	1.9	2.6	2.1	3.0	3.2
6 units	0.5	0.8	2.1	1.0	2.6	1.2	4.2	3.3
7–10 units	3.8	0.8	4.5	2.4	5.9	4.4	9.5	8.1
11–14 units	3.0	0.6	1.9	0.8	3.8	2.3	6.5	4.0
15–20 units	1.1	0.6	1.6	0.4	2.8	1.2	4.7	2.9
21+ units	0.5	0.2	1.3	0.7	3.1	1.2	4.7	2.1
Valid responses	365	480	3885	3763	1212	1164	4093	4117

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

A line has been drawn at the recommended maximum levels per week for adult men and women. The fact that these boys and girls are not mature should be taken into account, as should the fact that the calculation of units consumed assumes: *a)* standard measures rather than 'friendly' or generous ones, and *b)* the beers, lagers and ciders are 'normal' not 'extra' strength.

From these two assumptions, it follows that the units calculated under-estimate consumption levels. The line suggests that more girls than boys are at risk from the point of view of alcohol-related illnesses (as opposed to alcohol-related violence, etc.); if this 'last week' consumption is typical of their weekly intake, then at least 5% of the year 10 pupils are drinking in excess of *adult* 'safe' limits.

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Question 64: [On how many days since this time last week did you have an alcoholic drink (apart from canned shandy and 'low-alcohol' drinks)?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	73.5	83.7	65.2	73.9	55.9	65.4	46.6	49.4
1 day	14.9	11.8	20.3	17.6	21.3	20.8	23.6	26.5
2 days	5.4	2.4	6.2	4.3	9.9	7.7	14.5	12.4
3 days	2.7	1.1	3.6	2.1	6.2	3.2	7.2	6.3
4 days	0.6	0.2	2.1	1.4	2.4	1.4	3.7	2.4
5 days	0.3	0.2	0.9	0.4	1.2	0.9	1.8	1.3
6 days	0.6	0.0	0.6	0.1	1.2	0.3	0.9	0.8
7 days	2.1	0.6	1.2	0.3	1.9	0.3	1.6	0.9
Valid responses	336	465	3648	3687	1168	1144	3907	4048

These results are based on surveys involving 20,2[illegible] young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table is closely associated with that on the preceding page. It would be interesting to have parental views on this frequency. The figures exclude any drinking only low-alcohol drinks and/or canned shandy.

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Question 65: Have you bought alcoholic drink at any of these places since this time last week?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Supermarket	3.7	0.4	3.2	1.4	3.5	1.7	5.9	3.3
Off-licence	2.8	0.7	3.7	2.2	6.5	5.2	15.2	12.4
Pub	3.0	0.7	3.1	1.3	4.2	3.2	10.8	10.3
Disco or club	5.0	2.2	4.9	2.6	5.7	3.9	9.1	9.2
None of these	91.3	96.5	89.7	94.4	86.2	88.9	75.3	77.4

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This question asks specifically *Where did you buy it?* because of the popular concern at under-age purchases of alcohol. All these outlets are illegal for youngsters under 18. It seems from this table that 14–15 year olds are well able to buy alcohol from off-licences, pubs and clubs, while the 'policing' of supermarket displays may have contributed to their lower use. For each group, slightly fewer indicate spending their own money on alcohol (page 83) than mention buying alcohol in the above table. From other answers it is clear that many others will have consumed alcohol in the past week without buying it!

The percentages are of the total sample and are *not* taken from 'drinkers only'.

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Question 66: Have you drunk alcoholic drink at any of these places since this time last week?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Home	15.8	10.6	23.7	17.4	30.2	21.9	33.2	30.4
Friend/relation's home	8.3	4.1	10.7	8.3	15.7	12.1	21.4	20.1
Disco, party, club	6.4	2.6	8.6	5.6	11.0	9.2	17.6	18.5
Pub	4.1	1.5	4.4	2.0	6.1	4.4	12.4	11.9
None of these	78.7	86.1	68.8	76.2	60.0	68.1	50.8	51.8

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In keeping with previous data across the years, the most frequently-reported place of drinking alcohol for all age groups is the *home*.

Evidence from other tables also indicates that some young people are drinking elsewhere.

The percentages are of the total sample and are *not* taken from the 'drinkers only'; thus of the approximate 55% of Year 10 girls consuming 1 or more units last week (see page 61), over half of them will have reported the *home* as a source.

174

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Question 67: If you ever drink at home, do your parents know?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Don't drink at home	45.6	56.7	37.6	39.9	30.8	30.6	25.4	22.1
Parents always know	40.3	35.9	41.2	39.9	36.7	36.9	33.5	36.3
Parents usually know	5.6	3.8	10.0	8.9	13.9	13.4	19.3	18.6
Parents sometimes know	3.9	1.3	5.6	5.7	10.9	10.9	12.7	13.3
Parents never know	4.7	2.3	5.6	5.6	7.7	8.2	9.1	9.8
Valid responses	360	476	3910	3770	1225	1165	4137	4157

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

It is immediately obvious, when looking at the top line, that those who *never drink at home* are in the minority in almost all the age groups; these percentages include those who never drink at all. Some of those who never drink at home, may of course drink elsewhere.

The parents of about 20% of the 12–13 year olds and 40% of 14–15 year olds, do not always know when their children drink at home.

Many responsible parents often suggest that drinking at home is totally appropriate as a part of the process of bringing children up so that they understand alcohol and use it sensibly. The question has originated in response to parents who have looked at the data in the past and wanted to know to what extent young people were using alcohol at home without parental knowledge.

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Question 68: Since this time last week, how often have you visited a pub or bar?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	76.2	87.3	72.7	77.6	71.9	75.9	61.4	65.3
Once	11.1	7.6	13.4	12.9	13.9	13.4	17.4	16.9
Twice	5.5	2.5	6.0	4.6	6.1	5.0	9.6	8.3
3 times	3.0	1.3	2.8	2.2	3.4	1.5	4.4	4.2
4 times	1.1	0.4	1.7	1.1	1.6	1.4	2.4	2.5
5 times	0.6	0.4	0.7	0.5	1.0	0.8	1.5	0.9
6 times	0.3	0.2	0.5	0.1	0.2	0.3	0.7	0.3
7 times	0.3	0.0	0.6	0.3	0.6	0.4	0.6	0.6
8 or more times	1.9	0.2	1.6	0.6	1.2	1.2	2.1	1.1
Valid responses	361	471	3895	3757	1224	1168	4144	4167

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The changes in percentages across the four columns show a steady increase for each sex. Nearly a quarter of the 11–12 year old boys had visited a pub or bar in the last week, but whether alcohol was consumed there is not known from this particular table. Many clubs which young people (or their parents) belong to will have a bar: for example, sports, sailing, rugby and social clubs, and leisure centres.

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Question 69: When you last visited a pub or bar, with whom did you spend most of your time there?

	Year 7 (11–12)		*Year 8 (12–13)*		*Year 9 (13–14)*		*Year 10 (14–15)*	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never been	28.3	38.7	22.4	23.5	20.5	16.6	15.5	14.1
Alone	2.2	0.2	1.1	0.6	1.1	0.8	1.8	0.6
Parents	54.6	52.6	56.2	59.4	54.3	55.8	42.7	39.7
Brothers, sisters	4.8	3.0	3.7	3.4	4.7	4.9	5.6	5.4
Friend, same sex	5.0	1.9	6.1	5.5	6.3	7.6	11.3	9.7
Friend, opposite sex	2.2	1.9	2.7	1.9	3.0	3.9	3.8	7.1
Group of friends	2.8	1.7	7.8	5.7	10.0	10.4	19.3	23.4
Valid responses	357	470	3885	3743	1215	1159	4103	4137

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table reinforces the impression given by earlier tables that *parents* are an important factor in 'alcohol-related behaviour'. Although the young people may not have consumed any alcohol, the high percentage visiting pubs or bars with their parents is noteworthy. The influence of the parents' behaviour in this environment on their childrens' attitudes and practice must surely be powerful — "teaching them how to drink!". In year 10, this number with *parents* is starting to fall and the *friends* categories rise rapidly, reaching a total of almost 40% for the girls. These observations may not come as a surprise, but it is interesting to note the percentages being reported. Other data for year 11 pupils suggests that the proportion spending most of their time with their parents will have dropped to about a third.

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Question 70: What do you know about these drugs?

Percentage responding ALWAYS UNSAFE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	11.0	7.6	17.2	14.6	23.4	23.5	26.2	27.8
Barbiturates	7.1	5.4	10.7	7.1	13.8	11.3	16.5	15.3
Cannabis leaf	20.6	10.4	36.4	27.6	42.6	39.1	40.4	42.3
Cannabis resin	21.1	10.4	36.1	27.2	44.4	41.3	43.1	43.8
Cocaine	36.7	29.6	54.5	49.6	64.0	61.9	64.5	66.5
Ecstasy	19.7	13.0	35.5	32.0	48.2	47.0	49.6	52.8
Natural hallucinogens	15.4	5.8	22.6	15.7	30.9	23.7	36.4	37.9
Synthetic hallucinogens	16.5	7.2	28.0	21.3	37.7	33.2	45.9	47.9
Heroin	34.4	26.6	51.3	49.0	63.1	62.1	65.1	68.5
Opiates	9.6	5.0	13.9	11.0	18.9	17.8	25.5	24.7
Solvents	29.6	23.2	50.1	48.2	59.6	59.1	65.5	70.0
Tranquillisers	12.6	10.4	15.3	14.2	19.3	17.6	20.8	18.8
None of these	51.8	59.5	32.9	34.6	23.3	21.5	21.7	17.0

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

We would recommend that the reader consults the question in some detail (see Appendix) because of the four possible answers that the youngsters can give; low scores typically imply 'no knowledge' rather than a view of the drug concerned being safe. The highest ratings would appear to be amongst *cocaine*, *heroin* and, perhaps surprisingly, *solvents*, although this might reflect high-profile education in schools. A more 'relaxed' attitude to *barbiturates*, *opiates* and *tranquillisers* may be present. It is perhaps reassuring to discover that the 'always unsafe' rating rises very consistently for the older pupils, many of the younger respondents report never having heard of the drugs.

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Question 71: Has anyone ever offered or encouraged you to try any of these drugs?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	2.8	1.5	2.6	1.6	6.2	6.7	10.2	12.1
Barbiturates	1.6	0.4	0.9	0.4	1.9	1.1	2.7	3.1
Cannabis leaf	3.2	1.5	5.2	4.0	14.2	12.5	21.6	22.0
Cannabis resin	6.2	1.7	4.8	2.6	11.3	7.2	19.5	18.0
Cocaine	2.1	1.3	2.6	2.0	3.2	3.0	3.9	4.6
Ecstasy	2.8	2.0	5.1	3.8	9.4	9.1	13.6	15.0
Natural hallucinogens	3.4	2.0	2.8	2.4	7.1	7.0	11.9	11.8
Synthetic hallucinogens	3.0	1.1	2.2	1.4	6.5	5.1	10.5	9.9
Heroin	1.1	0.7	1.6	1.2	2.2	1.7	2.9	2.9
Opiates	1.1	0.2	0.7	0.2	0.7	0.2	1.6	1.4
Solvents	3.7	2.0	5.1	4.1	8.9	10.3	10.9	14.7
Tranquillisers	2.8	0.9	1.9	1.7	1.7	2.3	2.7	4.0
None of the above	86.9	92.8	84.9	88.3	73.6	73.7	64.0	61.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The commonest recorded drug on offer here is *cannabis*, where the figures reach over 20% in year 10. Is the high placing of *ecstasy* of particular concern?

It will be noticed that boys tend to have more 'exposure' to drugs in the younger age groups, but that in year 10 most of the girls' figures are slightly higher.

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Question 72: Have you ever taken any of these drugs?

Percentage responding YES

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	1.6	0.7	1.4	0.5	3.2	2.0	5.0	5.4
Barbiturates	0.7	0.2	0.6	0.3	0.7	0.7	1.5	1.8
Cannabis leaf	0.7	1.1	2.8	2.0	7.4	5.7	13.7	13.5
Cannabis resin	1.6	1.3	2.7	1.1	6.5	3.9	13.6	12.0
Cocaine	1.1	0.4	1.1	0.6	0.9	0.6	1.3	1.8
Ecstasy	1.4	0.9	1.8	1.0	2.8	1.9	4.4	4.1
Natural hallucinogens	0.9	1.3	1.6	0.7	3.8	3.6	6.5	5.1
Synthetic hallucinogens	0.9	0.6	0.9	0.5	3.4	2.0	5.7	4.8
Heroin	0.9	0.4	0.7	0.5	0.7	0.3	1.0	0.8
Opiates	0.2	0.6	0.6	0.2	0.5	0.0	1.0	0.6
Solvents	0.9	1.3	2.3	2.5	4.4	5.1	6.2	8.3
Tranquillisers	2.1	0.6	1.5	1.2	1.7	1.8	2.2	2.2
None of the above	93.3	96.5	91.6	94.0	85.9	87.4	76.7	76.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The use of *cannabis* is the most frequently recorded, and there is a large difference between years 9 and 10, with boys and girls recording similar levels. It is not shown here whether the same or different individuals are experimenting with the different forms of cannabis. *Solvents* and ***natural hallucinogens*** (such as magic mushrooms) come next in popularity.

Note that single acts of experimentation as well as regular use are recorded here, so that the numbers of regular drug users may be considerably lower than appears at first sight.

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Question 73: Do you know anyone who you think takes any of the drugs listed in question 70?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	66.4	69.5	54.2	49.9	41.5	32.8	24.6	18.9
Not sure	13.6	15.1	17.1	18.3	16.9	16.9	14.5	13.8
Fairly sure	9.4	4.2	11.8	13.6	14.6	18.5	16.9	19.4
Certain	10.6	11.2	16.9	18.2	27.0	31.7	43.9	47.8
Valid responses	330	456	3678	3640	1185	1128	3894	4010

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The question is a very interesting one, but we need to recognise that a large number of people could know the same one person, and hence the percentages may not reflect the actual number of current drug users. The question is nonetheless important, because when results are returned back to the school they provide an indication of how close the young people may be to sources of drugs. In the following table we consider further responses from those boys and girls above who are *fairly sure* or *certain* that they know a drug user. In year 10 over 60% of girls and boys come into this category.

Again it should be emphasised that this table does not reflect actual drug use.

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Question 73: [If you know anyone who you think takes drugs, what do they take?]

Percentages responding FAIRLY SURE or CERTAIN combined

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Amphetamines	4.6	4.6	5.3	5.5	10.5	12.6	16.1	22.4
Barbiturates	1.4	0.9	1.9	1.0	2.6	2.5	4.6	4.6
Cannabis leaf	3.4	3.0	9.4	10.3	20.1	23.5	29.9	33.0
Cannabis oil	5.5	3.9	7.1	6.2	15.0	13.2	24.8	25.9
Cocaine	2.3	2.4	4.2	5.0	6.5	9.0	7.9	10.3
Ecstasy	5.0	4.6	8.8	10.5	14.5	18.1	23.1	30.6
Natural hallucinogens	3.4	3.0	5.1	5.0	10.4	11.8	16.6	20.9
Synthetic hallucinogens	3.4	2.4	4.0	3.7	9.1	7.8	14.6	17.0
Heroin	1.1	2.6	4.0	3.7	5.0	5.2	5.4	7.4
Opiates	1.6	1.3	0.9	0.4	0.9	0.5	2.1	1.9
Solvents	3.2	3.9	6.5	7.1	9.9	13.0	15.3	20.3
Tranquillisers	2.8	3.0	2.1	2.4	2.9	4.0	3.6	5.8
Drug not known	86.7	88.3	76.9	74.8	66.0	61.1	50.3	43.8

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436; Year 8: 4222; Year 9: 1271; Year 10: 4328; Girls: Year 7: 538; Year 8: 3947; Year 9: 1202; Year 10: 4274

Commentary

The falling figures for those who *do not know* which drug is taken reveal the increased awareness and experience of the older respondents. Over half of the year 10 pupils know at least one drug user well enough to report what drug is involved, and the range is a wide one.

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Group 6: MONEY

The amount of money that young people have to spend is an important factor in determining their access to a host of behaviours. This section examines working for money, levels of income, and the sorts of things that they spend their money on.

Question

[Do you work outside school hours during term time?] 75
[What type of regular paid job do you do?] 76
When do you work for money during term time? 77
How many hours did you work for money last week? 78
How much money did you receive last week from your regular paid job? 79
How much money did you receive last week as an allowance? 80
How much money did you receive last week as pocket money? 81
[Total income received — money from wages, pocket money and allowance] 82
[Have you spent money on any of the following since this time last week?] 83–84

Question12: [Do you work outside school hours during term time?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Regular paid work	19.0	11.0	28.5	20.3	35.9	32.2	42.8	41.0
Occasional paid work	56.2	46.3	65.5	59.7	66.8	66.6	66.1	65.4
Work for nothing	49.3	57.4	51.0	57.1	47.8	53.8	46.3	51.6
Do not work	17.7	18.8	11.6	12.3	10.3	9.8	10.2	9.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Approximately 50% of the boys and girls across the years report that they do work for no financial reward, either for their parents or for others. For those who are working for money, totalling categories shows clearly that some young people are involved during term time in both types of paid activity. The regular paid jobs increasingly involve the older age groups, reaching over 40% of boys and girls in year 10.

Working for nothing may include housework and other jobs around the home.

The final category *do not work* includes boys and girls who perceive none of their activities outside school as 'work'.

Other survey work shows that about half the young people in the 15–16 age range have regular paid jobs.

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Question 13: [What type of regular paid job do you do?]

Percentage responses for workers

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Babysitting	10.8	26.8	6.8	32.9	6.7	32.9	5.5	27.1
Hairdressing	0.0	0.0	0.3	1.6	0.2	0.5	0.2	4.7
Working in a shop	8.1	7.1	7.4	8.1	8.1	13.1	14.1	21.6
Manual work	9.5	3.6	10.4	2.7	10.2	2.7	13.8	2.5
Paper round	40.5	30.4	49.5	26.4	53.3	27.8	44.6	13.5
Hotel, bar, café	0.0	3.6	5.3	11.8	6.5	11.2	8.8	22.7
Farm work, gardening	6.8	3.6	10.1	3.0	9.9	3.5	9.0	2.3
Paid housework	23.0	23.2	8.8	11.7	3.9	7.2	2.6	4.4
Office work	1.4	1.8	1.3	1.8	1.2	1.1	1.4	1.2
Valid responses	74	56	1145	769	433	374	1802	1715

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Here we have some obvious and expected differences between the boys and the girls. Babysitting is more likely to be a girl's job than a boy's: at about 30% it is the girls' largest category, and also unlawful for those under 14! 40–50% of the working boys are involved in paper rounds. Shops, cafes, etc. employ increasing numbers of older respondents, although more girls than boys are involved in this particular employment. The descending number receiving payment for housework may reflect parents' increased willingness to let older offspring work for others.

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Question 14: When do you work for money during term time?

Percentage responses for workers

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Evenings	19.7	27.3	19.7	24.2	21.2	23.1	17.6	15.0
Mornings	14.5	7.3	15.3	5.8	18.9	5.8	19.9	4.9
Weekends	19.7	25.5	20.0	29.4	22.1	29.9	23.7	36.9
Mornings & evenings	13.2	3.6	8.1	4.2	7.1	4.7	8.2	3.9
Evenings & weekends	18.4	10.9	18.2	23.4	15.3	24.9	18.8	29.8
Mornings & weekends	6.6	12.7	7.8	4.6	9.8	3.7	6.0	3.1
All times	7.9	12.7	10.9	8.4	5.7	7.9	5.8	6.4
Valid responses	76	55	1168	778	439	381	1820	1731

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The interpretation of this table really demands that the reader takes pencil and paper and does some additions. For example, if *evening working* is of interest there are three categories: *evenings*, *mornings and evenings* and *evenings and weekends* to add together. The same applies for mornings. Combining the three weekend categories produces some very high percentages — about 70% of the 14–15 year old girl workers, compared with about 50% of the boys.

Remember that this table refers to *workers only*.

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Question 15: How many hours did you work for money last week?

Percentage responses for workers

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
None	9.9	10.3	4.1	8.8	4.7	3.9	2.8	4.3
1 hour	14.8	13.8	8.4	9.2	7.6	9.2	5.1	3.8
2 hours	16.0	29.3	17.0	16.9	15.0	12.9	12.4	8.4
3 hours	21.0	13.8	13.9	12.6	11.9	13.9	11.5	9.0
4 hours	4.9	6.9	11.3	12.7	10.1	12.3	11.1	10.3
5 hours	4.9	3.4	8.7	8.4	7.8	11.8	8.8	10.5
6 – 7hours	11.1	8.6	15.9	11.9	14.5	14.7	15.8	18.6
8 – 10 hours	11.1	6.9	10.3	10.9	14.5	11.8	15.8	20.4
11 – 20 hours	6.2	3.4	8.6	7.1	10.7	7.1	13.6	12.4
21 hours or more	0.0	3.4	1.5	1.2	3.1	2.4	3.0	2.2
Valid responses	81	58	1169	770	447	381	1813	1713

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Average number of hours and minutes which the young people worked last week:

	Year 7	*Year 8*	*Year 9*	*Year 10*
Boys	4h 21m	5h 28m	6h 18m	6h 50m
Girls	4h 31m	4h 56m	5h 29m	6h 44m

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Question 16a: How much money did you receive last week from your regular paid job?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	7.8	13.0	3.8	7.9	3.7	3.5	2.6	4.1
Up to 50p	2.6	0.0	0.5	0.3	0.0	0.0	0.0	0.0
Up to £1.00	7.8	11.1	2.4	1.4	0.0	0.8	0.3	0.3
Up to £1.50	2.6	5.6	1.2	2.4	0.5	1.9	0.3	0.3
Up to £2.00	7.8	7.4	4.3	4.2	3.0	3.0	1.2	1.6
Up to £3.00	7.8	13.0	8.6	9.6	5.3	3.8	3.8	3.9
Up to £4.00	2.6	9.3	7.9	8.3	8.3	8.4	4.4	3.4
Up to £5.00	20.8	11.1	14.5	20.1	10.3	16.6	9.0	10.1
Up to £10.00	24.7	24.1	35.3	27.4	34.3	33.2	33.6	30.0
Over £10.00	15.6	5.6	21.4	18.6	34.7	28.8	44.8	46.3
Valid responses	77	54	1145	738	435	368	1787	1689

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Average pay received by young people who worked last week:

	Year 7	*Year 8*	*Year 9*	*Year 10*
Boys	£7.13	£8.15	£11.09	£13.26
Girls	£4.65	£7.29	£9.45	£12.45

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Question16b: How much money did you receive last week as an allowance?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	75.0	78.2	67.4	69.3	62.7	65.9	60.4	57.5
Up to 50p	0.5	0.2	0.4	0.2	0.2	0.0	0.0	0.1
Up to £1.00	2.4	1.0	2.0	0.9	1.3	0.7	0.7	0.7
Up to £1.50	0.9	1.6	.9	0.6	0.7	0.8	0.2	0.3
Up to £2.00	3.1	1.6	2.4	1.6	1.7	1.5	1.4	1.0
Up to £3.00	3.1	2.4	4.7	4.7	4.0	4.0	4.0	3.5
Up to £4.00	0.9	1.4	2.6	2.5	2.3	2.4	3.4	3.0
Up to £5.00	5.4	5.9	8.7	9.6	11.2	10.3	11.6	14.0
Up to £10.00	7.5	5.3	8.5	9.1	13.0	12.1	14.7	16.7
Over £10.00	1.2	2.4	2.3	1.6	3.0	2.4	3.5	3.4
Valid responses	424	505	3976	3727	1210	1163	4069	4055

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Average allowances received last week:

	Year 7	*Year 8*	*Year 9*	*Year 10*
Boys	£1.32	£1.79	£2.34	£2.64
Girls	£1.26	£1.73	£2.21	£2.89

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Question 16c: How much money did you receive last week as pocket money?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	14.3	16.1	16.5	16.8	18.8	19.2	23.4	27.1
Up to 50p	3.4	0.8	1.4	1.6	0.7	0.5	0.2	0.4
Up to £1.00	9.9	13.3	9.9	9.3	4.9	5.6	3.0	3.5
Up to £1.50	10.7	9.1	7.6	7.7	5.1	5.2	2.7	2.8
Up to £2.00	12.0	12.5	14.4	14.4	12.7	13.5	9.7	8.1
Up to £3.00	16.9	17.2	17.9	18.9	21.0	17.7	14.5	13.7
Up to £4.00	6.8	6.1	7.6	6.3	7.4	7.3	7.4	6.5
Up to £5.00	14.1	18.2	16.6	16.8	19.2	21.5	24.7	25.5
Up to £10.00	9.9	5.7	7.2	7.3	8.9	8.4	12.7	11.2
Over £10.00	2.1	0.8	0.9	0.9	1.3	1.0	1.8	1.2
Valid responses	384	472	3919	3637	1197	1137	4069	4036

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Averages for pocket money (as opposed to allowance or other income) received last week:

	Year 7	*Year 8*	*Year 9*	*Year 10*
Boys	£2.97	£2.80	£3.09	£3.48
Girls	£2.72	£2.80	£3.11	£3.27

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Question 16: [Total income received — money from wages, pocket money and allowance]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Nothing	8.7	10.0	5.8	7.1	4.6	5.6	4.3	5.2
Up to £1	11.4	11.0	6.6	6.8	2.6	3.6	1.1	1.2
£1.01 – £5.00	44.8	52.6	42.9	46.4	34.7	39.1	25.4	25.8
£5.01 – £10.00	17.9	17.1	23.8	23.5	26.1	25.0	26.1	26.0
£10.01 – £15.00	10.1	5.2	11.3	9.4	15.2	12.9	18.3	17.8
£15.01 – £20.00	3.3	2.4	4.6	3.8	8.0	6.8	10.6	10.3
£20.01 – £25.00	1.6	1.5	2.3	1.4	3.7	2.5	5.4	5.7
£25.01 – £30.00	0.5	0.2	1.0	0.7	1.6	2.0	3.3	2.8
£30.01 – £35.00	0.8	0.0	0.4	0.3	1.2	1.1	1.9	2.1
Over £35.00	0.8	0.0	1.2	0.5	2.3	1.4	3.7	2.9
Valid responses	368	462	3783	3487	1162	1109	3950	3925

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table is drawn from totalling, for each individual case, the income for the past week from all sources. Below are the average incomes received:

	Year 7	*Year 8*	*Year 9*	*Year 10*
Boys	£5.88	£7.10	£9.52	£12.14
Girls	£4.65	£6.17	£8.51	£11.52

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Question 17: Have you spent your own money on any of the following since this time last week?

Percentage SPENDING ANY MONEY

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Sweets	69.5	71.4	70.0	72.0	70.4	68.3	74.7	73.2
Magazines	30.0	26.0	34.2	38.2	34.2	42.3	33.8	40.8
Alcoholic drinks	8.5	2.6	9.3	4.7	11.6	8.4	24.4	20.2
Cigarettes	1.8	2.0	4.0	5.1	8.5	11.6	15.7	20.7
Sports equipment	28.4	10.6	26.2	8.4	24.6	6.3	22.0	6.5
Discos, parties	23.9	22.5	17.9	23.8	16.4	24.7	20.7	27.7
Clothes, footwear	30.0	25.8	26.4	28.8	23.8	29.0	28.3	32.2
Cosmetics, toiletries	7.6	16.9	9.1	32.4	9.7	39.5	13.4	47.5
Records, CDs, tapes	26.1	20.6	24.5	21.6	24.9	20.9	29.3	22.2
School items	33.3	35.1	29.5	32.8	22.8	27.0	20.2	21.9
Cinema	22.9	16.7	19.9	19.4	16.1	14.5	15.9	15.5
Books	20.0	22.3	12.3	13.9	9.9	10.7	7.8	7.5
Fares	31.9	26.6	28.0	30.1	28.1	31.4	35.2	43.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table is continued overleaf, and the comments refer to both. Substantial percentages of young people report spending money on many of the items that are listed, some increasing with age (notably *alcoholic drinks*, *cigarettes* and *cosmetics*) and some decreasing (notably *school items*, *books*, *computer items* and, for boys, *pets*). There are some marked gender differences: for example, boys are more likely to spend money on *sports equipment*, girls are more likely to spend money on *presents*. Spending on *school equipment* decreases with age.

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Question 17: [Have you spent your own money on any of the following since this time last week?]

Percentage SPENDING ANY MONEY (Continued)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Crisps etc.	63.1	62.8	58.3	59.4	56.3	54.3	60.4	61.3
Hot fast food	37.4	27.3	33.0	26.5	37.0	29.5	40.9	30.6
Soft drinks	65.4	56.9	63.4	58.0	64.0	56.1	69.7	61.7
Arcade games	32.1	8.0	28.5	8.2	27.5	6.0	24.8	6.7
Arcade gambling	10.1	2.0	10.9	4.0	12.0	2.0	11.3	3.3
Computers	34.9	8.2	26.9	6.1	22.3	3.3	18.1	2.5
Presents	33.3	37.5	27.3	45.3	23.5	40.0	24.3	41.9
Jewellery	7.6	15.8	4.7	19.1	3.8	18.2	4.3	14.6
Leisure centre	29.1	24.2	27.5	18.3	22.1	16.1	23.8	15.7
Pets	26.1	27.7	22.8	30.0	16.0	26.7	12.8	18.9
Savings	28.0	23.4	29.0	24.0	26.9	22.4	26.0	22.7
Video hire	24.8	15.2	20.2	12.7	17.7	14.2	20.1	13.3
None of the above	4.1	5.9	4.9	3.6	4.6	3.7	3.2	2.2

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size Boys Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The 'Top 5' of all these items are as follows:

Boys	1. Sweets	2. Soft drinks	3. Crisps	4. Fast food	5. Magazines
Girls	1. Sweets	2. Crisps	3. Soft drinks	4. Presents	5. Magazines

Group 7: SPORT

There is widespread concern at what appear to be generally low levels of physical activity in the daily life of young people. The pupils indicate how fit, or active, they believe themselves to be, and which sporting activities (if any) were participated in out of school time.

Question

For someone of your age and sex, how active do you think you are? 87
How fit do you think you are? 88
[Sports and activities played during the past year out of school lessons] 89–91
[Non-vigorous activities during the past year out of school lessons] 92

Question 19: For someone of your age and sex, how active do you think you are?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very inactive	5.7	5.5	1.9	2.3	1.5	2.1	1.6	1.5
Inactive	4.7	4.6	3.9	5.1	2.9	5.9	3.5	6.0
Moderately active	15.9	22.7	20.6	31.1	22.0	37.8	24.1	39.8
Active	42.7	45.3	44.8	45.7	47.4	41.1	44.7	39.2
Very active	31.0	21.9	28.8	15.8	26.2	13.1	26.1	13.5
Valid responses	422	525	4156	3896	1257	1192	4296	4255

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Approximately 70% of the younger pupils consider themselves *active* or *very active*. This drops to about 50% for the oldest girls, who do in any case rate themselves less active than boys of the same age. This is in step with the two preceding tables (pages 83 and 84), where boys are seen to spend more money on sports equipment and visits to leisure centres.

This self-assessment is not in accordance with the views of professional physical educationists, who find that the average young person spends far too little time being 'active'. It may be that young people are judging themselves with respect to their friends' physical activity, accepting *active* as the norm for their group.

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Question 20: How fit do you think you are?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very unfit	1.2	0.8	0.9	0.9	0.9	0.8	1.0	1.2
Unfit	5.8	5.4	5.2	6.2	6.2	9.2	7.0	11.1
Moderately fit	25.5	34.3	27.0	41.0	29.8	45.4	29.6	47.6
Fit	44.2	48.4	48.4	44.4	47.2	37.8	46.6	34.5
Very fit	23.4	11.1	18.6	7.4	16.0	6.8	15.8	5.6
Valid responses	428	533	4184	3925	1265	1200	4302	4263

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Interestingly, fewer young people think that they are very fit compared with those who think that they are very active (page 87). This is exactly the reverse of the opinion of informed medics!

In keeping with the preceding tables, there are higher percentages of boys seeing themselves as being *fit* and *very fit* compared with the girls' views of themselves. Assessment of fitness by the girls, in the *fit* and *very fit* categories, decreases with increasing age, and there is a corresponding rise in the *unfit* and *moderately fit* categories. Are these views justified?

The Unit has contributed to research which has shown that young people's views of their personal fitness agrees well with physiological tests, so their assessment of fitness seems to be nearer the mark than their judgment of 'activity'.

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Question 21: [Sports and activities played during the past year out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Rugby	14.7	1.9	26.7	1.0	30.0	1.2	17.3	1.0
Soccer	61.5	10.4	56.0	7.3	49.1	6.6	51.5	5.7
Hockey	10.6	23.2	9.4	22.5	11.3	19.5	9.1	16.2
Netball	4.4	29.4	0.7	30.7	0.8	20.5	0.5	17.5
Tennis	10.6	9.5	16.1	17.0	21.6	15.0	15.2	15.7
Rowing	2.1	0.4	1.8	1.1	1.8	0.8	1.8	1.1
Riding a bike	60.1	44.8	62.9	43.0	64.8	43.1	60.3	30.7
Competitive cycling	3.0	0.7	2.6	0.7	1.9	0.3	2.3	0.3
Jogging	27.5	22.1	24.8	18.1	20.8	14.8	19.7	14.7
Track/field events	8.7	4.3	14.1	12.1	16.8	9.4	10.8	10.1
Sailing	1.8	0.9	3.0	1.5	3.7	1.2	2.7	1.8
Squash	0.7	2.2	4.2	1.7	9.2	1.6	5.9	2.6
Basketball	17.2	7.2	22.1	8.3	28.0	9.8	21.8	10.2
Badminton	20.0	16.7	14.9	12.5	18.4	9.5	19.4	15.5
Roller/ice skating	5.7	11.7	5.8	9.8	6.8	8.2	4.1	5.9
Judo	13.3	5.0	9.7	4.0	10.3	3.9	8.1	3.1

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The frequency and participation applies to these activities when they are in season. The gender difference is once again apparent, boys being more likely to be involved than girls — but perhaps this list is biassed in favour of male-orientated activities.

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Question 21: [Sports and activities played during the past year out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (continued)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Gymnastics	6.4	17.1	5.3	15.6	3.7	9.2	1.4	4.8
Fitness exercises	7.1	13.0	5.5	15.1	6.9	14.5	5.7	23.4
Swimming	43.8	41.3	33.0	33.0	30.4	27.5	20.8	23.6
Ballet	0.7	5.4	0.4	5.6	0.5	4.3	0.5	4.0
American football	4.8	0.7	4.9	0.2	3.9	0.3	3.1	0.4
Cricket	9.9	2.8	19.4	2.4	21.2	1.7	14.6	1.7
Rounders	8.7	12.8	5.7	15.9	4.6	10.6	3.3	13.6
Golf	11.0	2.2	10.4	1.1	13.2	0.7	10.0	1.3
Cross country	10.3	5.4	12.6	10.2	9.8	6.1	6.3	5.2
Canoeing	1.4	1.3	3.0	1.3	3.0	1.3	3.0	1.5
Horse riding	2.3	12.8	2.1	13.8	2.0	15.0	1.6	10.9
Scrambling	4.1	0.6	4.8	0.8	3.9	0.3	4.8	0.6
Hiking	0.9	1.3	3.1	2.0	2.7	1.5	2.9	1.3
Fishing	13.8	1.3	13.2	1.3	9.8	1.2	11.2	0.9
Skateboarding	19.7	7.1	12.4	3.2	10.0	2.2	6.1	1.3
Table tennis	9.6	9.3	12.3	6.2	17.9	6.4	10.8	4.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 536 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Some activities in this list are clearly preferred by girls: namely, *fitness exercises*, *rounders*, *horse-riding*, and *gymnastics*.

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Question 21: [Sports and activities played during the past year out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE (continued)

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Volleyball	3.7	3.3	4.0	4.0	6.6	5.3	4.0	5.2
5-a-side football	23.9	5.9	21.6	4.1	19.9	3.0	20.7	3.2
Weight training	11.2	2.0	11.2	2.1	13.1	4.0	21.3	5.6
Dancing	3.9	25.7	3.1	25.2	3.1	18.8	3.6	22.7
None of these	6.2	12.6	6.4	12.2	5.1	15.4	6.4	18.7

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Far more girls than boys are dancing — their partners are not to be found in this table, unless they are dancing with each other! The girls' percentage figures for *None of the above*, which apply to the lists of activities in this table plus the previous two tables, is much higher than the boys.

The addition of all percentages of participation in the three tables, for boys and girls in year 7 and year 10, produces the following figures:

	Year 7	*Year 10*
Boys' total percentages	459%	406%
Girls' total percentages	362%	288%

Two observations can be made: (*a*) Overall participation in these listed activities reduces with age and (*b*) Fewer girls than boys are involved. However, *fitness exercises* (girls) and *weight training* show an increase in popularity with age.

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Question 21: [Non-vigorous activities during the past year out of school lessons]

Categories WEEKLY and TWICE A WEEK OR MORE

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Darts	15.4	3.7	14.4	3.9	11.3	3.9	11.9	4.3
Pool	26.4	9.1	25.7	8.7	27.5	9.4	28.0	10.7
Billiards	3.2	0.6	4.0	0.6	5.7	1.0	4.6	0.8
Snooker	29.1	6.1	25.2	6.4	22.7	6.3	24.8	6.1
None of these	61.0	87.7	62.1	86.9	62.0	87.6	61.0	85.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

More boys than girls are involved in this type of activity; nonetheless, there are significant numbers of girls involved as well. *Pool* and *snooker* are particularly popular amongst the boys.

These are pub or club games, not using up much energy but highly social and 'thirsty', and mainly male. They are already popular with the 11–12 year olds — when do young people start playing them at this frequency?

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Group 8: SOCIAL & PERSONAL

The questions included in this group refer to social relationships, visits to discos and dances, sources of information about sex, and problem-sharing. Questions to discover the pupils' awareness about AIDS are also included.

Question

Which parents do you live with? 95
Ethnic group — which of the following most nearly describes you? 96
With which adult do you get on best? 97
Have you a steady boyfriend or girlfriend at the moment? 98
How do you usually feel when meeting people of your own age and sex for the first time? . . 99
How do you usually feel when meeting people of your own age and opposite sex for the first time? 100
[For close friends, whom do you have?] 101
When did you last go to a disco or party? 102
Which of these is your main source of information about sex? 103
Which of these do you think should be your main source of information about sex? 104
[Self-esteem measurement — combined results from parts a–i, scale 0 – 18] 105
"I am in charge of my health." 106
"If I keep healthy, I've just been lucky." 107
"If I take care of myself I'll stay healthy." 108
"Even if I look after myself I can still easily fall ill." 109
[Health locus of control score (-4 to +4)] 110
[If you had a problem at school, to whom would you probably turn?] 111
[If you wanted to share money problems, to whom would you probably turn?] 112
[If you wanted to share health problems, to whom would you probably turn?] 113
[If you wanted to share career problems, to whom would you probably turn?] 114

[If you wanted to share problems about friends, to whom would you probably turn?] 115
[If you wanted to share family problems, to whom would you probably turn?] 116
How much do you worry about these problems? 117
When you have a problem, what do you do about it? 118
Can the HIV virus be passed on by any of the following? 119
Have you ever talked about AIDS with these people? 120
Have any of these taught you useful facts about AIDS? 121
How much do you worry about catching the HIV virus yourself? 122
Do you think that you will take precautions against catching the HIV virus? 123

Question 5: Which parents do you live with?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother only	13.2	13.2	11.8	12.4	11.8	10.7	11.7	12.5
Father only	2.1	0.7	1.7	1.6	1.7	1.1	2.9	1.9
Mother & father	74.5	74.8	76.3	74.9	77.1	78.9	74.7	73.5
Mother & stepfather	6.7	8.0	7.3	8.1	5.8	7.0	7.4	8.8
Father & stepmother	0.9	0.7	1.2	1.1	1.7	0.8	1.3	1.5
Foster parents	0.5	0.4	0.4	0.4	0.3	0.7	0.5	0.5
Other	2.1	2.1	1.4	1.5	1.7	0.9	1.4	1.4
Valid responses	432	536	4200	3938	1266	1198	4311	4259

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Counts of single-parent families become possible from this table, as do counts of remarriages or subsequent partnerships. About three-quarters of all the young people in this sample live with *mother and father.* About one-eighth live in single-parent families.

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Question 7: Ethnic group — which of the following most nearly describes you?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
African	1.6	1.5	0.8	0.5	0.7	0.3	0.8	0.4
Asian	6.7	9.6	3.6	4.0	2.8	2.3	5.1	4.8
Caribbean	1.2	0.6	0.8	0.5	0.6	0.3	0.7	0.4
Chinese	0.7	0.4	0.4	0.5	1.1	0.4	0.7	0.5
UK & European	85.7	83.1	92.0	91.2	89.0	91.3	90.3	91.0
Mixed or other	4.1	4.9	2.5	3.2	5.8	5.3	2.4	2.8
Valid responses	434	533	4182	3908	1268	1197	4264	4232

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The year 7 sample is slightly less 'UK & European' than the others, and almost 10% of the girls in this group are of Asian origin.

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Question 47: With which adult do you get on best?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	20.6	26.0	21.4	28.7	20.2	28.0	22.2	31.7
Father	8.4	8.7	10.6	9.0	10.2	7.1	13.1	8.7
Both parents	53.6	49.4	50.0	41.1	46.2	39.0	37.5	27.6
Sibling	7.4	7.5	7.6	8.3	10.9	9.4	12.3	13.4
Relation	5.6	5.1	5.3	6.4	4.6	9.3	6.3	7.2
Teacher	0.3	0.4	0.5	0.8	0.7	0.3	0.6	0.8
Friend	2.3	2.0	2.0	3.3	3.6	4.6	4.4	7.5
Employer	0.0	0.0	0.3	0.1	0.7	0.0	0.9	0.5
No one	2.0	1.0	2.1	2.3	2.8	2.4	2.7	2.6
Valid responses	394	508	4023	3823	1235	1175	4182	4169

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

There are some changes across the years and some differences between the boys and the girls. The highest percentages of boys and girls identify *both parents* and do not distinguish between the two. The percentage who identify them, however, decreases with increasing age. In year 10, *mother* is the top selection for girls. With increasing age, numbers of both boys and girls identify a *sibling* as the adult with whom they get on best. Adult *friends* play a small role, but this increases with increasing age. The percentage who identify a *teacher* is very small.

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Question 48: Have you a steady boyfriend or girlfriend at the moment?

Percentage responses

	Year 7 (12–13)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Never had one	17.6	29.3	16.2	21.0	15.1	18.0	11.0	13.7
Not at present	52.9	47.5	59.3	56.5	60.5	59.4	65.0	56.4
Yes — a few weeks	12.4	13.2	11.9	12.4	11.2	12.0	12.0	13.0
Yes — up to 6 months	6.0	4.3	4.3	3.9	4.4	4.9	4.9	7.2
Yes — up to 1 year	2.0	1.4	1.7	1.7	2.4	1.7	2.3	3.5
Yes — a year or more	9.2	4.5	6.6	4.6	6.4	3.9	4.8	6.2
Valid responses	403	516	4134	3895	1258	1197	4283	4249

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Validation work across the years has shown that the young people interpret this as a heterosexual relationship .

At the age of 11–12, over 80% of boys and 70% of girls have had a steady friend of the opposite sex. The percentage does not increase very much over the next four years.

Despite this, fewer than half of all the young people say that they have a friend of the opposite sex *at the present time.*

The statistics suggest that most relationships last for up to a few weeks, but if they keep going for more than six months they are likely to carry on for more than a year!

Question 49: How do you usually feel when meeting people of your own age and sex for the first time?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very uneasy	10.8	10.5	4.5	5.8	3.6	4.5	3.5	3.7
A little uneasy	37.9	46.4	39.8	49.6	37.7	47.8	40.1	46.3
At ease	51.3	43.2	55.6	44.6	58.7	47.7	56.4	50.0
Valid responses	388	507	4091	3871	1246	1194	4265	4232

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Is it surprising that a half of all these young people feel *a little* or *very uneasy* when meeting new people of their own age and sex? There is a tendency for this proportion to fall with increasing age, but the change is very small.

Other data shows similar results for year 11 pupils, so when, if ever, does true 'social ease' develop? Would adults record similar results if they were asked?

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Question 50: How do you usually feel when meeting people of your own age and opposite sex for the first time?

Percentage responses

	Year 7 (12–13)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Very uneasy	17.0	17.5	10.7	13.6	9.1	10.9	7.9	8.7
A little uneasy	41.0	54.4	48.3	56.2	52.8	57.3	51.9	55.0
At ease	42.0	28.1	41.1	30.2	38.1	31.8	40.2	36.3
Valid responses	393	502	4098	3864	1250	1186	4261	4236

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Compared with the preceding table, smaller percentages regard themselves as being at ease and substantial numbers signal *very uneasy*. More boys than girls report feeling *at ease*, but the older girls are catching them up.

The data shows a lot of uneasy young people. What about the primary years 6 and 5? Is there an age of maximum uneasiness with the opposite sex?

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Question 51 : [For close friends, whom do you have?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
More of own sex	55.6	50.8	52.6	47.1	50.6	47.1	42.9	35.7
Equal both sexes	39.4	45.3	42.4	48.4	45.2	48.7	52.0	55.8
More of opposite sex	5.1	3.9	5.0	4.5	4.1	4.3	5.2	8.5
Valid responses	396	510	4126	3898	1256	1196	4278	4242

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This is a very interesting table. Despite the extra unease felt when meeting new people of the opposite sex, the commonest classification for the older girls is *equal both sexes*. A small percentage identify *more of the opposite sex* for both boys and girls, the percentage increasing with increasing age. With increasing age fewer teenagers indicate *more of their own sex* .

We know nothing about the average numbers of close friends in these different groups.

Question 52: When did you last go to a disco or party?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
In the last week	21.1	16.7	16.2	19.2	15.4	19.6	20.9	25.5
In the last 2 weeks	10.3	12.5	10.3	11.6	10.7	15.9	11.9	15.0
In the last month	22.1	26.1	23.8	29.6	25.5	30.5	20.3	24.8
In the last 6 months	21.4	23.7	25.4	25.9	24.5	23.2	23.9	22.2
Not in last 6 months	19.3	17.1	19.6	11.1	19.2	9.0	18.4	10.7
Never been to one	5.8	3.9	4.6	2.7	4.8	1.9	4.5	1.8
Valid responses	398	510	4117	3890	1253	1195	4278	4238

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

From this table it appears that about half of all the boys had been to a disco or party at least once *in the past month*. For the girls, the number increases from about half in year 7 to two-thirds in year 10.

The similarity of the horizontal sets of figures suggests that the importance of parties or discos to the individual is already established by 11 or 12, although the definition of a 'party' may change as they age! Does this grow out of the birthday party circuit, which is an indicator of social contacts at a very young age?

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Question 53: Which of these is your main source of information about sex?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	31.1	54.2	26.0	39.0	22.3	32.8	16.2	26.1
Teachers	15.8	9.7	18.1	13.0	15.0	6.8	16.4	11.5
Friends	17.7	19.5	24.0	25.4	30.8	33.6	32.2	35.8
Siblings	8.3	6.2	6.2	6.3	5.5	7.5	6.4	6.2
GP or FPA etc.	1.9	0.4	1.5	0.8	0.8	0.5	0.9	1.1
Stories in books, magazines	2.4	4.1	4.1	7.5	5.6	9.3	5.1	10.6
TV, videos, films	16.1	3.3	15.4	4.9	14.8	5.3	17.4	4.6
Posters, leaflets etc.	6.4	2.7	4.3	3.0	4.6	4.0	4.4	3.8
Other sources	0.3	0.0	0.5	0.1	0.6	0.2	0.9	0.2
Valid responses	373	487	3951	3742	1208	1161	4072	4108

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The main trend with increasing age may be summed up as 'parents out — friends in'.

Girls are always more likely to identify *parents* as the main source than are boys; boys are more likely than girls to identify *teachers* as the main source, and their figures are stable across the years. The extra dependence of boys over girls on *TV, videos and films* is noteworthy.

'Information about sex' seems to mean 'that which is supplied by this particular source'. In other words, these different sources may be supplying different types of information, rather than different versions of the same information.

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Question 54: Which of these do you think should be your main source of information about sex?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	62.6	80.3	58.1	74.9	53.9	69.8	50.1	66.6
Teachers	13.4	7.3	17.1	9.9	18.2	11.4	19.8	14.5
Friends	5.8	4.1	6.1	5.5	6.6	7.5	8.5	6.4
Siblings	3.4	1.8	2.9	2.6	3.0	2.5	2.6	2.4
GP or FPA etc.	4.5	3.7	4.8	2.7	6.2	4.4	5.1	4.5
Stories in books, magazines	1.1	0.4	1.5	1.4	1.8	1.0	1.3	1.6
TV, videos, films	6.3	0.8	6.5	1.3	6.3	1.3	8.0	1.8
Posters, leaflets etc.	2.9	1.6	2.7	1.7	3.7	2.1	4.0	2.1
Other sources	0.0	0.0	0.3	0.1	0.3	0.1	0.6	0.1
Valid responses	380	492	3992	3802	1216	1167	4115	4110

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The most startling feature of this table, which has resulted every time the survey has been conducted, is the very large number who say that their *parents* should be their main source of information about sex. This has often been used to support the claim that parents are failing to support their children when it comes to 'facts of life', and so they go to their friends and end up with inaccurate or misleading information. However, follow-up work and the experience of numerous interviews indicates that young people would find talking about 'sex' with their parents as embarrassing as the parents would themselves!

A method has been developed at the Unit which permits the examination of this and associated data with parents at a parents' evening, the object being firstly to make them more comfortable, and secondly to enable them to participate with the school in a co-operative programme of sex education across the five years of secondary education.

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Question 55: [Self-esteem measurement — combined results from parts a – i, scale 0 – 18]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Values 0–4 (low)	3.7	4.1	3.0	3.9	3.0	3.0	1.7	2.6
Values 5–9	16.0	21.8	17.1	24.9	15.3	19.9	12.1	17.7
Values 10–14	53.7	48.5	45.9	48.2	45.6	52.2	46.2	50.7
Values 15–18 (high)	26.7	25.5	34.0	23.0	36.1	24.8	40.1	28.9
Valid responses	356	458	3892	3689	1204	1149	4113	4125

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This measurement is derived from a set of nine items taken from a standard self-esteem questionnaire developed by Denis Lawrence. Several of the items are about social competence (see page 12 of the Health Related Behaviour Questionnaire, version 15).

The total scores show that higher self-esteem, as measured using this scale, is recorded with increasing age. In all years, when a large sample is examined, consistently higher scores for boys than for girls are recorded. This is not always the case in individual schools or districts.

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Question 56: "I am in charge of my health."

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	16.7	14.0	11.6	9.9	12.1	9.4	10.3	8.1
Not sure	30.7	37.2	33.8	35.4	31.8	37.7	27.9	31.0
Agree	52.6	48.8	54.6	54.7	56.2	52.9	61.8	60.8
Valid responses	384	500	4079	3860	1250	1193	4241	4234

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This and the three following questions form a health 'locus of control' score (see page 110).

The figures across the table show little differences between the sexes, which is very interesting. Overall, more than half the boys and girls *agree* that they are in charge of their own health, although substantial numbers are *not sure* and some may *disagree;* the highest numbers disagreeing are found in the younger age groups. This is hardly surprising, as they may see their mother as being in charge of their health.

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Question 56b: "If I keep healthy, I've just been lucky."

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	49.6	39.2	53.0	45.2	54.0	49.9	52.6	49.9
Not sure	28.6	35.6	29.8	37.3	27.9	35.6	29.5	34.2
Agree	21.8	25.2	17.2	17.6	18.1	14.5	17.9	15.9
Valid responses	381	497	4065	3844	1246	1190	4228	4224

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This is the second of four questions forming a health 'locus of control' score (see page 110).

It is not quite the same question as the preceding one, but it seems likely that those who agreed they were in charge of their health might now *disagree* that it is a matter of luck. About half of all the young people are sure that keeping healthy is more than just luck, but this leaves the other half either undecided or thinking that luck plays a part in good health.

Perhaps, in the view of some groups, 'keeping healthy' includes freedom from congenital illness as well as avoidable infections and accidents.

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Question 56c: "If I take care of myself I'll stay healthy."

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	9.7	9.1	10.3	8.5	8.8	10.0	9.5	7.5
Not sure	18.8	22.4	20.7	23.0	18.1	24.3	19.5	21.0
Agree	71.5	68.5	69.0	68.5	73.2	65.7	71.1	71.5
Valid responses	382	496	4068	3847	1245	1192	4224	4223

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This is the third of four questions forming a health 'locus of control' score (see page 110).

A more positive response is found to this statement, with about 70% of the older groups *agreeing* with it. There are still substantial numbers who *disagree*, suggesting that if they do not take care of themselves, staying healthy is just a matter of luck. However, disagreement could also mean: "I'll stay healthy even if I don't take care of myself" or "If I take care of myself I may still become ill".

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Question 56d: "Even if I look after myself I can still easily fall ill."

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Disagree	26.8	20.6	24.1	18.4	27.2	17.4	23.6	17.2
Not sure	32.8	32.3	31.6	33.8	29.8	32.4	29.0	32.9
Agree	40.4	47.2	44.3	47.8	43.0	50.2	47.4	49.9
Valid responses	384	496	4057	3853	1245	1190	4230	4225

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This is the last of four questions forming a health 'locus of control' score (see page 110).

There is a very divided response to this statement, and only about as quarter *disagree* with it — in other words, if they do look after themselves they can stop becoming ill. More boys than girls support this view. Between 40% and 50% of all the young people accept that they can easily fall ill despite taking care of themselves.

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Question 56: [Health locus of control score (-4 to +4)]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
-4 to -2 (external)	7.4	6.7	5.3	5.3	6.0	6.4	5.3	4.0
-1 to 0	28.3	37.5	29.4	31.9	25.1	30.4	27.7	29.1
+1 to +2	43.4	43.0	45.3	45.5	45.4	47.2	44.9	47.6
+3 to +4 (internal)	20.9	12.8	20.0	17.3	23.6	16.1	22.1	19.3
Valid responses	378	493	4039	3828	1239	1189	4207	4204

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

This table represents a way of summarising the results of the preceding four questions and suggests the extent to which the person responding (*a*) feels in control of their own destiny (internal locus of control), or (*b*) feels that there are external factors determining their health (external locus of control). More boys score highly towards the internal locus of control than do the girls, who thus appear to suggest that they have less control.

The importance of these questions is that a young person's general feelings of 'fatalism v. control' may act as a powerful filter of other health education messages — what is the point of cutting down on fat if cancer or pollution will get you first? While being realistic about the likely benefits of health-promoting activity, health educators often seek to promote the idea that genuine benefits to health can be achieved through individual action.

From these figures, about a third of the young people register various degrees of helplessness in the face of external influences on their health.

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Question 57: [If you had a problem at school, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	25.1	31.8	27.2	36.7	24.5	33.5	23.9	31.6
Father	6.6	2.6	6.5	2.7	6.2	3.0	7.0	2.7
Both parents	32.3	27.9	31.9	19.1	26.8	17.6	23.9	15.6
Sibling	3.7	6.9	5.4	5.9	7.2	7.4	6.7	7.1
Relation	1.6	1.4	1.3	1.6	0.9	1.9	1.4	1.3
Teacher	14.3	10.9	8.2	6.9	10.5	7.0	9.2	8.2
Friend	9.3	13.6	11.8	23.2	15.5	26.7	18.5	29.8
Employer	0.3	0.0	0.1	0.1	0.2	0.0	0.1	0.1
No one	6.9	4.9	7.7	3.9	8.4	2.9	9.2	3.5
Valid responses	378	494	4055	3842	1242	1188	4230	4212

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Parents are the most obvious resource here (whether it is *mother*, *father* or *mother and father*). The next highest level of percentages comes under the category of *friends*, and increases substantially across the years.

We are always unhappy to consider the number of young people who say they would turn to no one. They may have other sources of support, for example the school nurse, but our suspicion is that these individuals do not have anyone to turn to over some issues. Could *teachers* have expected a higher placing in the list?

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Question 57: [If you wanted to share money problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	25.6	31.2	22.7	31.7	22.0	27.5	23.7	32.1
Father	16.4	12.5	18.9	16.8	18.8	16.9	18.1	14.7
Both parents	33.8	36.2	35.6	29.6	35.0	31.5	32.6	29.3
Sibling	4.7	3.7	4.2	4.2	4.5	5.5	5.2	5.3
Relation	1.1	0.8	1.6	1.1	1.3	1.3	1.4	1.3
Teacher	0.5	0.4	0.2	0.3	.3	0.3	0.2	0.1
Friend	2.1	5.2	4.0	7.1	5.1	8.3	6.7	9.5
Employer	0.3	0.2	0.9	0.3	1.4	0.4	1.4	0.8
No one	15.6	9.8	11.9	9.0	11.5	8.3	10.7	6.8
Valid responses	379	481	4042	3840	1239	1187	4230	4213

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Parents are an abundant and obvious resource. *Both parents* are the largest category, with *mother* second, although *father* shows higher percentages here than for other problem-sharing tables. *Friends* do not seem very helpful over money problems – nor do *employers*, but as with the other tables resulting from this question the respondents are only allowed to make one choice from the list. Other people might also have an important part to play in these situations.

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Question 57: [If you wanted to share health problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	34.8	54.5	34.3	58.0	35.9	54.8	35.5	53.7
Father	6.4	1.6	6.0	1.8	5.6	1.7	5.7	1.6
Both parents	39.0	30.1	38.9	20.6	38.0	22.1	33.6	17.8
Sibling	1.9	1.4	2.0	2.7	2.6	2.4	3.0	3.5
Relation	1.6	1.0	1.7	1.1	1.0	2.0	1.2	1.5
Teacher	0.5	1.0	1.0	0.9	1.0	1.0	0.9	0.8
Friend	2.9	3.5	3.9	8.9	5.1	11.0	6.0	15.2
Employer	0.0	0.0	0.2	0.1	0.2	0.0	0.2	0.2
No one	12.8	6.9	12.0	5.9	10.6	5.0	13.8	5.8
Valid responses	374	492	4040	3834	1239	1189	4214	4217

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The main resource here is *mother* or *both parents* (which would include *mother*). The percentage of those sharing health problems with their *friends*, particularly for girls, increases to 15% in year 10. More boys than girls would share their health problems with *no one*.

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Question 57: [If you wanted to share career problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	15.8	26.4	16.6	28.2	13.8	23.8	14.8	25.7
Father	12.5	7.0	11.4	7.6	11.8	8.6	13.8	7.1
Both parents	34.0	32.8	33.8	28.9	33.5	34.0	32.1	27.1
Sibling	1.9	2.6	2.1	2.7	2.7	3.6	2.9	3.2
Relation	0.8	0.6	1.2	1.1	0.8	1.9	1.9	1.6
Teacher	6.3	4.9	6.1	7.2	11.3	9.8	14.7	18.4
Friend	2.4	3.4	3.3	7.1	4.2	6.8	4.4	8.0
Employer	4.9	3.2	4.8	2.7	4.7	3.0	5.3	3.7
No one	21.5	19.1	20.7	14.5	17.2	8.6	10.2	5.3
Valid responses	368	470	3981	3784	1224	1169	4206	4191

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

'Career problems' are remote for the younger age groups, but the most notable difference across the years is the rise of *teachers* as advisers. In other surveys we have found that over 25% of year 11 pupils identify teachers as the most likely resource to which they turn.

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Question 57: [If you wanted to share problems about friends, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	21.4	31.2	17.3	34.8	17.5	30.9	12.4	29.9
Father	3.7	2.2	4.7	2.3	2.5	1.6	3.2	1.5
Both parents	22.5	20.4	21.7	14.9	17.2	12.8	12.9	10.0
Sibling	10.2	12.2	9.2	12.3	12.0	16.2	10.8	16.5
Relation	3.7	3.9	1.5	2.8	1.2	3.7	1.8	3.3
Teacher	3.5	5.1	3.7	4.0	3.1	1.8	2.2	2.5
Friend	15.8	14.7	20.2	18.7	26.1	23.0	30.8	26.1
Employer	0.0	0.0	0.3	0.2	0.2	0.3	0.3	0.3
No one	19.3	10.4	21.4	9.9	20.1	9.7	25.5	9.8
Valid responses	374	491	4028	3837	1240	1189	4227	4201

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The girls' major resource appears to be *mother,* but friends and siblings have respectable scores for both sexes. The *friend* is presumably someone other than the friend with whom the problem has arisen. It is, perhaps, worrying to note that 25% of boys in year 10 would share such a problem with *no one*. In fact, in every table the percentage of boys choosing this category is higher than for girls.

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Question 57: [If you wanted to share family problems, to whom would you probably turn?]

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Mother	12.9	14.3	10.2	9.8	9.3	7.8	8.4	7.0
Father	4.3	1.2	3.1	1.6	1.9	1.2	2.8	1.2
Both parents	22.3	20.3	21.7	11.2	18.5	9.2	15.9	5.9
Sibling	7.0	5.7	8.7	7.1	9.0	7.9	9.6	8.1
Relation	12.3	8.0	10.4	7.3	10.1	8.0	10.1	5.9
Teacher	8.6	5.5	5.8	4.5	4.7	3.2	4.2	4.1
Friend	11.5	33.4	18.4	47.9	25.0	52.5	25.4	58.7
Employer	0.5	0.6	0.6	0.4	0.6	0.3	0.5	0.5
No one	20.6	10.9	21.0	10.3	20.9	9.9	23.1	8.7
Valid responses	373	488	4025	3834	1238	1190	4213	4217

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Problems with the family can quite reasonably be expected to be shared with people outside the family, and for the girls *friends* are by far the largest category. Again, a significant number of boys are sharing their problem with *no one* — does this fit in with expectations?

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Question 58: How much do you worry about these problems?

Percentage responding QUITE A LOT and A LOT combined

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
School	17.2	21.0	16.9	22.3	19.7	24.0	18.2	25.6
Money	14.9	11.9	16.9	14.7	21.3	17.7	22.2	22.4
Health	18.1	24.9	19.4	25.9	18.6	28.8	16.7	25.6
Career	12.6	10.4	13.2	12.3	17.9	21.0	25.2	26.8
Friends	14.0	29.6	17.0	31.4	16.5	30.6	13.8	29.3
Family	26.6	32.5	25.4	34.4	25.1	32.7	21.5	36.4
How you look	23.6	40.1	26.8	49.7	32.8	58.3	29.4	57.2
None of these	52.3	39.2	45.5	30.1	39.1	23.5	40.9	21.5

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

The topic of main concern, especially for the girls, is *how you look*, followed by *family* and *friends*. More girls than boys worry quite a lot or a lot about most of the listed problem areas. On the whole, girls are more likely to signal this level of worry than are boys, but overall there is a suggestion of a lot of worrying being done by a lot of young people. Doubtless many of them worry about more than one of the items listed, and also about other areas of life.

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Question 59: When you have a problem, what do you do about it?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Response	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Talk to someone	61.0	75.1	65.3	80.6	66.6	81.6	63.1	84.3
Rest more	26.1	21.7	29.8	22.3	30.1	22.5	28.8	22.3
Smoke	5.3	4.5	5.9	5.8	9.0	12.7	13.6	20.5
Think about it	58.9	61.3	69.7	70.8	75.8	73.1	77.4	75.7
Have a drink	31.7	12.6	28.8	14.7	28.3	18.2	32.3	21.8
Keep busy	49.3	49.1	52.7	52.4	51.1	50.2	49.6	52.2
Watch TV	26.4	21.4	28.9	24.9	27.9	26.6	28.9	25.2
Seek help in magazines	11.7	19.9	13.5	26.5	13.3	28.5	13.1	28.3
Listen to music	36.9	45.9	43.4	57.6	52.5	66.6	57.5	74.3
Eat more	17.2	14.9	18.1	22.9	18.4	27.7	21.3	36.3
Do nothing	18.8	14.7	21.0	14.9	19.4	14.1	20.2	14.0
None of these	17.2	9.7	4.8	2.6	2.0	1.2	2.9	1.2

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

In the list, some of the activities actually address the problem whereas others try and calm the emotions aroused by the problem. For the boys, *thinking* comes out top, with *talking to someone* second. For the girls the order is reversed.

Other popular strategies are *keeping busy* and *listening to music*. The percentage of older girls *smoking* is noteworthy. The nature of the problem will presumably affect the response.

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Question 74: Can the HIV virus be passed on by any of the following?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Drug-taking by mouth	9.4	6.5	9.5	6.1	7.6	4.1	6.8	3.6
Drugs: by injecting	10.6	14.3	16.7	14.9	17.2	15.9	18.4	15.8
Drugs: by sharing needles	58.5	59.3	80.0	83.2	89.1	89.5	89.9	94.0
Blood donation in UK	20.4	17.1	21.3	20.6	21.3	18.4	19.2	18.7
Blood transfusion in UK	26.8	25.5	38.2	38.2	45.0	41.8	44.8	47.5
Touching skin	3.9	0.9	2.2	1.1	1.5	0.8	1.9	0.8
From lavatory seats	3.9	3.7	5.4	4.5	3.8	3.7	3.8	2.4
Mouth to mouth resuscitation	8.0	6.1	8.5	5.9	7.1	6.2	6.7	5.6
Contact with blood	31.9	34.9	49.6	52.6	56.8	62.5	64.9	69.8
Light kissing	3.0	3.3	3.2	2.0	2.0	1.6	2.1	1.0
Deep kissing	17.7	13.6	14.8	12.3	13.8	10.0	10.9	9.0
Sex: male with female	55.3	60.0	73.4	78.3	83.8	86.6	85.7	90.1
Sex: male with male	41.1	33.6	58.3	50.8	69.0	60.6	79.2	77.7
Sex: female with female	31.4	28.4	43.2	39.5	42.3	44.7	48.7	51.0
None of these	27.8	25.1	12.0	8.7	6.0	4.6	6.6	4.1

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Sharing needles is the most widely perceived transfer mechanism. The next highest is *heterosexual intercourse*, which, being higher than the 'male-male' route, suggests that young people may have overcome signals that AIDS is primarily a 'gay' problem.

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Question 75: Have you ever talked about AIDS with these people?

Percentage responding A FEW TIMES plus A LOT

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Parents	14.7	17.8	20.2	24.9	24.5	35.2	25.6	38.3
Siblings	7.1	7.6	9.9	13.9	14.2	18.6	15.5	23.9
Close relations	3.4	4.8	4.6	6.9	6.3	8.3	7.6	14.3
Friends	18.1	25.5	28.9	40.1	38.6	53.6	45.3	66.6
Teachers	7.6	6.9	10.6	11.5	19.2	16.5	30.8	37.7
Doctor, nurse	4.1	3.0	4.1	3.8	4.5	2.8	4.6	5.4
None of these	71.1	65.4	58.4	48.7	45.9	34.4	40.4	23.6

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Friends are the commonest choice for talking to about AIDS. We have found that those who discuss AIDS with friends are more likely to get the 'knowledge' questions on page 119 correct (see *Education and Health*, 9, 1, 12–15, 1991).

Parents too are brought in, particularly by the older age groups. However, parents often say how uncertain they feel of their knowledge regarding AIDS. *Teachers* achieve a respectable score from the older year groups, suggesting that AIDS is entering the 'informal' curriculum.

The girls' scores tend to be higher than the boys', indicating that more of them talk about the subject with more people.

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Question 76: Have any of these taught you useful facts about AIDS?

Percentage responding SOME plus A LOT

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
TV adverts	54.1	57.4	67.2	69.5	74.1	74.2	72.1	75.6
TV programmes	49.5	55.2	64.0	69.5	72.5	79.0	74.1	82.4
Newspapers	33.3	35.3	41.4	40.7	46.3	49.6	47.9	49.5
Posters	34.4	36.8	45.7	47.4	50.1	54.2	53.4	60.7
Leaflets	45.2	53.5	59.1	66.9	63.3	74.6	67.2	79.4
School videos	40.1	39.2	49.9	47.8	52.6	49.8	63.8	66.6
School lessons	33.9	36.1	49.2	46.1	53.3	48.3	66.4	68.6
None of these	35.8	28.4	20.8	14.8	13.5	8.7	13.1	8.1

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Very substantial percentages are recorded against all the sources listed, although it is worth noting that some newspapers have occasionally published material that is unhelpful or misleading in AIDS education — for example, the Sun's notorious headline *Straight sex is safe — official.*

It is interesting that talking to teachers (page 120) has a much lower percentage level than *school lessons.* Is this because there is not much discussion within 'sex education' lessons as opposed to tutorial or PSE sessions?

The substantial contribution made by *television* is obvious.

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Question 77: How much do you worry about catching the HIV virus yourself?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
Not at all	28.0	28.9	32.3	24.7	30.4	20.9	26.4	15.8
A little	28.3	26.8	28.3	33.4	30.5	34.3	34.7	39.0
Quite a lot	5.4	6.1	7.2	8.7	9.0	11.4	10.4	15.7
A lot	15.1	10.2	9.7	9.1	9.7	10.2	11.2	13.5
Don't think about it	23.2	28.0	22.4	24.2	20.4	23.3	17.2	16.1
Valid responses	332	440	3556	3502	1152	1117	3885	3969

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

Around 10–15% of the boys and girls in all year groups *worry a lot* about catching HIV. The real issue here is whether this is a good thing or a bad thing. It may well be that some of those who *do not worry at all* (more boys than girls in the older age groups) see themselves, justifiably or not, as not being at risk. Presumably the younger ones see the problem from a different perspective to those who are at the onset of sexual maturity, yet there is little change in the percentage of 'worriers'.

While HIV infection may genuinely be at a low frequency in a given area, other STDs may not. We often hear of STD clinics facing 'epidemics' of these sexually-transmitted infections, while young people say that they never hear of them. These infections include *Chlamydia*, an important type of non-specific genital infection/non-specific urethritis (NSU) which can lead to infertility, and genital herpes/warts (treatable but incurable viral infections).

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Question 78: Do you think that you will take precautions against catching the HIV virus?

Percentage responses

	Year 7 (11–12)		Year 8 (12–13)		Year 9 (13–14)		Year 10 (14–15)	
Responses	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*	*Boys*	*Girls*
No	16.9	16.0	10.0	6.2	6.1	2.5	4.5	2.6
Not sure	22.9	28.8	20.0	21.2	17.6	13.4	12.5	8.4
Yes	60.2	55.1	70.0	72.7	76.4	84.1	83.0	89.0
Valid responses	332	437	3553	3505	1156	1123	3888	3968

These results are based on surveys involving 20,218 young people who completed the Health Related Behaviour Questionnaire in 1992.
Sample size: Boys: Year 7: 436 Year 8: 4222 Year 9: 1271 Year 10: 4328 Girls: Year 7: 538 Year 8: 3947 Year 9: 1202 Year 10: 4274

Commentary

There is an obvious change towards greater care across the table, with increasing age and doubtless increasing awareness and understanding. Overall, a slightly larger percentage of girls than boys signal that they intend to take precautions. In other years' work we included *What are the three best methods of prevention?* By far the most common tactics suggested were 'use a condom' and 'don't share needles'.

A substantial minority of both boys and girls in year 10 still seem to have a 'laid-back' attitude to the danger.

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Appendix

Version 15 of the Health Related Behaviour Questionnaire

The following pages reproduce, in reduced form, the Version 15 Health Related Behaviour Questionnaire, which was used to derive the data for the tables in this report.

A copy of the current questionnaire may be obtained by writing to the Schools Health Education Unit at Exeter University.

BEST COPY AVAILABLE

HEALTH RELATED BEHAVIOUR

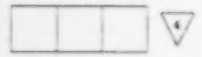
The purpose of this Questionnaire is to help your teachers plan some interesting and important new topics in school lessons. To do this, they need some information about yourself.

These questionnaires are confidential and will not be read by anyone connected with your school. All the analysis is carried out at Exeter University.

Therefore...

(1) Please answer all questions honestly

(2) Do NOT write your name on any page



Circle ONE number for each answer

1 What day of the week is it today?
0 = Tue. 1 = Wed. 2 = Thur. 3 = Fri. 4 = Other — 0 1 2 3 4

2 Are you male or female?
0 = Male 1= Female — 0 1

3 Which school year are you in?
Your teacher or supervisor will tell you which number to circle — 0 1 2 3 4 5 6 7 8

4 How old are you?
Please give whole years only and ignore months
0 = 11 years 1 = 12 years 2 = 13 years 3 = 14 years 4 = 15 years
5 = 16 years 6 = 17 years 7 = 18 years 8 = 18+ years — 0 1 2 3 4 5 6 7 8

5 Which parents do you live with?
Please choose the nearest answer
0 = Mother only 1 = Father only 2 = Mother & father
3 = Mother & stepfather 4 = Father & stepmother 5 = Foster parents
6 = Other — 0 1 2 3 4 5 6

6a How many brothers and sisters are younger than you? — 0 1 2 3 4 5 6 7 8
6b How many brothers and sisters are older than you? — 0 1 2 3 4 5 6 7 8
Please circle the number. Include step-brothers and step-sisters if living at home. If more than 8, circle 8

7 Which of the following most nearly describes you?
0 = African 1 = Asian 2 = Caribbean 3 = Chinese
4 = UK & European 5 = Mixed race or other — 0 1 2 3 4 5

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Circle ONE number for each answer

8 Where do you live?

Please choose the nearest answer

0 = Near the centre of a large town or city (more than 100,000 people)
1 = In the suburbs of a large town or city
2 = Near the centre of a smaller town or city (up to 100,000 people)
3 = In the suburbs of a smaller town or city
4 = In a village
5 = Outside a town or village — 0 1 2 3 4 5

13

9 For how long have you personally lived at your present address?

Please choose the nearest answer

0 = 2 years or less 1 = 3 or 4 years 2 = 5 or 6 years
3 = 7 or 8 years 4 = 9 or 10 years 5 = 11 or 12 years
6 = 13 or 14 years 7 = 15 or 16 years 8 = 17+ years — 0 1 2 3 4 5 6 7 8

10 Look at the following list, and decide how long you spent doing each of these things after school yesterday.

0 = No time at all 1 = Up to 1 hour 2 = Up to 2 hours
3 = Up to 3 hours 4 = Up to 4 hours 5 = Up to 5 hours
6 = More than 5 hours

	No time at all	Up to 1 hour	Up to 2 hours	Up to 3 hours	Up to 4 hours	Up to 5 hours	More than 5 hours
10a Watching live or recorded TV programmes	0	1	2	3	4	5	6
10b Watching bought or hired videos	0	1	2	3	4	5	6
10c Listening to tapes, records, or CDs	0	1	2	3	4	5	6
10d Playing indoor games	0	1	2	3	4	5	6
10e Playing outdoors	0	1	2	3	4	5	6
10f Meeting friends	0	1	2	3	4	5	6
10g Drawing or writing for enjoyment	0	1	2	3	4	5	6
10h Playing a musical instrument	0	1	2	3	4	5	6
10i Using a computer	0	1	2	3	4	5	6
10j Caring for pets	0	1	2	3	4	5	6
10k Reading a book for enjoyment	0	1	2	3	4	5	6
10l Reading magazines	0	1	2	3	4	5	6
10m Scouts, Guides, choir, etc.	0	1	2	3	4	5	6
10n Doing homework	0	1	2	3	4	5	6
10o Your own hobbies	0	1	2	3	4	5	6

11 In your spare time, how much can you find to do?

0 = Very little
1 = Plenty
2 = So much that I have difficulty choosing — 0 1 2

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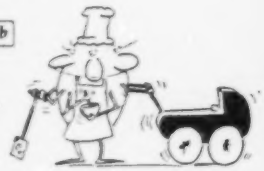
Circle ONE number for each answer

12 *This question is about the work you do outside school during term time.*

0 = No 1 = Yes

12a **Have you a regular paid job?** 0 1
12b **Do you work for money occasionally?** 0 1
12c **Do you work for nothing for your parents or others?** . . 0 1

If you haven't got a regular paid job please go to Question 16b



13 Please select your regular paid term-time job from the following list. If you do more than one, choose the one that pays the most money.

0 = Babysitting 1 = Hairdressing 2 = Working in a shop
3 = Manual work 4 = Paper round 5 = In a hotel, bar or café
6 = Farm work or gardening 7 = Paid housework 8 = Office work — 0 1 2 3 4 5 6 7 8

14 When do you work for money during term time?

0 = Evenings only 1 = Mornings only 2 = Weekends only
3 = Mornings & evenings 4 = Evenings & weekends
5 = Mornings & weekends 6 = All times — 0 1 2 3 4 5 6

Do NOT write in the boxes

15 How many hours did you work for money last week?

. . . . . **hours**

39

16 How much money did you receive last week from the following?

16a **Your regular paid work?**
If paid monthly, please divide by 4
£ . . . . . p

16b **Clothing or other allowance?**
If paid monthly, please divide by 4
£ . . . . . p

16c **Pocket money?**
If paid monthly, please divide by 4
£ . . . . . p

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Circle ONE number for each answer

17 Since this time last week, about how much of <u>your own money</u> have you spent on the following items?

0 = Nothing 1 = Up to £1 2 = £1 to £5 3 = £5 to £10
4 = £10 to £20 5 = More than £20

Do NOT write in the boxes

	Nothing	Up to £1	£1 to £5	£5 to £10	£10 to £20	More than £20
Sweets, chocolate, etc.	0	1	2	3	4	5
Comics, magazines	0	1	2	3	4	5
Alcoholic drinks	0	1	2	3	4	5
Cigarettes	0	1	2	3	4	5
Sports equipment	0	1	2	3	4	5
Discos or parties	0	1	2	3	4	5
Clothes & footwear	0	1	2	3	4	5
Cosmetics/toiletries	0	1	2	3	4	5
Records, CD, tapes	0	1	2	3	4	5
School equipment	0	1	2	3	4	5
Cinema	0	1	2	3	4	5
Books	0	1	2	3	4	5
Fares	0	1	2	3	4	5
Crisps, snacks	0	1	2	3	4	5
Fast food (hot)	0	1	2	3	4	5
Soft drinks	0	1	2	3	4	5
Arcade games (for fun)	0	1	2	3	4	5
Arcade gambling	0	1	2	3	4	5
Computers/software	0	1	2	3	4	5
Presents	0	1	2	3	4	5
Jewellery	0	1	2	3	4	5
Leisure/sports centre	0	1	2	3	4	5
Pets	0	1	2	3	4	5
Into savings schemes	0	1	2	3	4	5
Video hire	0	1	2	3	4	5

18. How much of <u>your own money</u> have you spent since this time last week?

£.....p

19 For someone of your age and sex, how <u>active</u> do you think you are?

0 = Very inactive 1 = Inactive 2 = Moderately active
3 = Active 4 = Very active 0 1 2 3 4

20 How <u>fit</u> do you think you are?

0 = Very unfit 1 = Unfit 2 = Moderately fit 3 = Fit
4 = Very fit 0 1 2 3 4

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Circle ONE number for each answer

21 <u>Outside lesson time</u>, how often did you take part in the following sports and activities during the past 12 months?

0 = Not at all 1 = Once or twice in the year
2 = Once or twice in a month (when in season)
3 = Weekly (when in season) 4 = Twice a week or more (when in season)

Seasonal (mostly outdoor)	Not at all	Once or twice in the year	Once or twice a month	Weekly	Twice a week or more
Rugby	0	1	2	3	4
Soccer	0	1	2	3	4
Hockey	0	1	2	3	4
Netball	0	1	2	3	4
Tennis	0	1	2	3	4
Rowing	0	1	2	3	4
Riding a bicycle	0	1	2	3	4
Club cycling	0	1	2	3	4
Jogging	0	1	2	3	4
Track/field events	0	1	2	3	4
Sailing	0	1	2	3	4
American football	0	1	2	3	4
Cricket	0	1	2	3	4
Rounders	0	1	2	3	4
Golf	0	1	2	3	4
Cross-country	0	1	2	3	4
Canoeing	0	1	2	3	4
Horse riding	0	1	2	3	4
Scrambling	0	1	2	3	4
Hiking/orienteering	0	1	2	3	4
Fishing	0	1	2	3	4
Skateboarding	0	1	2	3	4

All-year-round (mostly indoor)	Not at all	Once or twice in the year	Once or twice a month	Weekly	Twice a week or more
Squash	0	1	2	3	4
Basketball	0	1	2	3	4
Badminton	0	1	2	3	4
Roller/ice skating	0	1	2	3	4
Judo, karate, etc.	0	1	2	3	4
Gymnastics	0	1	2	3	4
Fitness/aerobics	0	1	2	3	4
Swimming	0	1	2	3	4
Ballet	0	1	2	3	4
Table tennis	0	1	2	3	4
Volleyball	0	1	2	3	4
5-a-side football	0	1	2	3	4
Weight training	0	1	2	3	4
Dancing	0	1	2	3	4
Darts	0	1	2	3	4
Pool	0	1	2	3	4
Billiards	0	1	2	3	4
Snooker	0	1	2	3	4

Others (*please write*) 0 1 2 3 4
..... 0 1 2 3 4
..... 0 1 2 3 4

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Circle ONE number for each answer

22 How often do you wash your hands after visiting the lavatory?

0 = Never or almost never 1 = Sometimes 2 = Whenever possible 0 1 2

23 Did you clean your teeth yesterday at any of these times?

0 = No 1 = Yes

23a **Before breakfast?** 0 1

23b **Just after breakfast?** 0 1

23c **During the day?** 0 1

23d **Before going to bed?** 0 1

24 On how many days since this time last week have you cleaned your teeth with dental floss?

Please circle the number of days 0 1 2 3 4 5 6 7

50

25 Please try to remember how many baths or showers you have had since this time last week.

Please circle the number of times.
If more than 8, circle 8

25a **How many baths were at home?** 0 1 2 3 4 5 6 7 8

25b **How many baths were elsewhere (including school)?** . . 0 1 2 3 4 5 6 7 8

25c **How many showers were at home?** 0 1 2 3 4 5 6 7 8

25d **How many showers were elsewhere (including school)?** 0 1 2 3 4 5 6 7 8

26 Since this time last week, on how many days have you taken remedies for any of the following complaints?

Please circle the number of days

26a **For asthma (pills, inhaler)** 0 1 2 3 4 5 6 7

26b **For colds, throat, or influenza** 0 1 2 3 4 5 6 7

26c **For diabetes** 0 1 2 3 4 5 6 7

26d **For hay fever or allergies** 0 1 2 3 4 5 6 7

26e **For skin problems** 0 1 2 3 4 5 6 7

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Circle ONE number for each answer

27 Since this time last week, on how many days have you used any of the following remedies or medications?

Please circle the number of days *Do NOT write in the boxes*

27a **Iron tablets** 0 1 2 3 4 5 6 7

27b **Vitamin tablets** 0 1 2 3 4 5 6 7

27c **Antibiotics** 0 1 2 3 4 5 6 7

27d **Painkillers (for headaches, etc.)** 0 1 2 3 4 5 6 7

27e **Lotions or creams** 0 1 2 3 4 5 6 7

27f **Laxatives** . . . . . 0 1 2 3 4 5 6 7 76 ▼*

27g **Herbal or homeopathic remedies** 0 1 2 3 4 5 6 7

27h **Other** *(please write)* 0 1 2 3 4 5 6 7

28 How long ago did you last visit the doctor?

0 = In the past 7 days 1 = In the past month
2 = In the past 3 months 3 = In the past 6 months
4 = In the past year 5 = More than a year ago 0 1 2 3 4 5

29 On this last visit, did you feel at ease with the doctor?

0 = No — very uneasy 1 = No — a little uneasy 2 = Yes — at ease 0 1 2

30 When you run, do you 'wheeze' and have trouble breathing?

0 = Never 1 = Occasionally 2 = Quite often 3 = Very often 0 1 2 3

31 Do you have a night cough which disturbs your sleep?

0 = Never 1 = Occasionally 2 = Quite often 3 = Very often 0 1 2 3

32 How long ago did you last visit the dentist?

0 = In the past 7 days 1 = In the past month
2 = In the past 3 months 3 = In the past 6 months
4 = In the past year 5 = More than a year ago 0 1 2 3 4 5

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Circle ONE number for each answer

33 This question is about your last visit to the dentist.

0 = No 1 = Yes

33a **Did you have a routine check-up?** 0 1

33b **Did you have any fillings done?** 0 1

33c **Did you have any teeth out (extractions)?** 0 1

33d **Were your teeth scaled and polished?** 0 1

33e **Did you have a brace fitted or examined?** 0 1

33f **Were you given advice on brushing?** 0 1

33g **Were you given advice on 'flossing'?** 0 1

33h **Did you have any other treatment?** *(Please write)* 15▽

. . . . . .

34 What did you do for lunch yesterday?

Please choose the nearest answer

0 = Had cafeteria lunch in school
1 = Had a set lunch in school
2 = Ate my own packed lunch in school
3 = Ate my own packed lunch outside school
4 = Bought lunch from a takeaway or shop
5 = Went home for lunch
6 = Did not have any lunch

0 1 2 3 4 5 6

35 What did you have for breakfast this morning?

Please choose the nearest answer

0 = Nothing at all 1 = Just something to drink 2 = Tinned or fresh fruit
3 = Toast or bread 4 = Cereal 5 = Toast and cereal
6 = Just an egg 7 = Cooked breakfast

0 1 2 3 4 5 6 7

36 Which statement describes you best?

0 = I would like to put on weight
1 = I would like to lose weight
2 = I am happy with my weight as it is

0 1 2

37 Are you happy about your body shape?

0 = No 1 = Yes

0 1

38 Are you trying to change your weight or your body shape?

0 = No 1 = Yes

0 1

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Circle ONE number for each answer

39 Please study each item in this list of foods, decide how often you eat them or things made from them, and circle a number.

0 = Rarely or never 1 = Less than once a week
2 = At least once a week 3 = On most days

	Rarely or never	Less than once a week	At least once a week	On most days		Rarely or never	Less than once a week	At least once a week	On most days
Lamb, beef, pork, etc.	0	1	2	3	Jacket potatoes	0	1	2	3
Poultry (chicken, etc.)	0	1	2	3	Chips or roast potatoes	0	1	2	3
Meat pasties, pies, samosas	0	1	2	3	Yams	0	1	2	3
Meat burgers or sausages	0	1	2	3	Pasta	0	1	2	3
Oily fish (e.g. mackerel)	0	1	2	3	Rice	0	1	2	3
White fish or fish fingers	0	1	2	3	Sugar-coated cereals	0	1	2	3
Salted fish	0	1	2	3	Bran cereals or muesli	0	1	2	3
Eggs	0	1	2	3	Other cereals	0	1	2	3
Ordinary milk	0	1	2	3	Fresh fruit	0	1	2	3
Low-fat milk	0	1	2	3	Tinned fruit (in fruit juice)	0	1	2	3
Soya milk	0	1	2	3	Baked beans	0	1	2	3
Yoghurt	0	1	2	3	Plantain	0	1	2	3
Butter or margarine	0	1	2	3	Vegetables	0	1	2	3
Low-fat butter/margarine	0	1	2	3	Salads	0	1	2	3
Ghee	0	1	2	3	Peas, beans, or lentils	0	1	2	3
Vegetable oils	0	1	2	3	Tofu	0	1	2	3
Low-fat cheese	0	1	2	3	Nuts	0	1	2	3
Other cheese	0	1	2	3					
	39▼				Fruit juice	0	1	2	3
White bread	0	1	2	3	Low-calorie drinks	0	1	2	3
Wholemeal bread	0	1	2	3	Biscuits, cakes, or tarts	0	1	2	3
Chapatti flour	0	1	2	3	Crisps	0	1	2	3
Maize flour	0	1	2	3	Sweets, chocolate, choc bars	0	1	2	3
Boiled potatoes	0	1	2	3	Sugar added to hot drinks	0	1	2	3

60▼

40 When choosing what to eat, do you consider your health?

0 = Never 1 = Sometimes 2 = Quite often 3 = Very often 4 = Always

0 1 2 3 4

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Circle ONE number for each answer

41 Which statement describes you best?

0 = I am a strict vegetarian
1 = I don't ever eat meat but will eat eggs and dairy produce
2 = I eat meat occasionally
3 = I only eat poultry or fish in my diet
4 = I eat almost any kind of meat 0 1 2 3 4

Do NOT write in the boxes

42 How many cigarettes did you smoke yesterday?

Please write the number .....

43 How many cigarettes have you smoked since this time last week?

Please write the number .....

44 Which statement describes you best?

0 = I have never smoked at all, not even a puff
1 = I have tried smoking once or twice
2 = I used to smoke, but I don't now
3 = I smoke occasionally
4 = I smoke regularly 0 1 2 3 4

45 Which statement describes you best?

0 = I don't smoke now and I never will
1 = I don't smoke now but I may when I am older
2 = I smoke, but would like to give up
3 = I smoke and don't want to give up 0 1 2 3

46 Do any of these people smoke on most days?

0 = No 1 = Yes

46a Mother 0 1
46b Father 0 1
46c Brother 0 1
46d Sister 0 1
46e Other close relation 0 1
46f Best friend 0 1

47 Please decide which of these adults you get on best with.

0 = Mother 1 = Father 2 = Mother and father
3 = Adult brother or sister 4 = Other relation 5 = Teacher
6 = Adult friend 7 = Employer 8 = No one 0 1 2 3 4 5 6 7 8

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Circle ONE number for each answer

48 Have you a steady boyfriend or girlfriend at the moment?

Please choose the nearest answer

0 = I have never had one
1 = No, not at the moment
2 = Yes , we have been friends for a few weeks
3 = Yes, we have been friends for up to 6 months
4 = Yes, we have been friends for up to a year
5 = Yes, we have been friends for a year or more 0 1 2 3 4 5

49 How do you usually feel when meeting people of your own age and sex for the first time?

0 = Very uneasy 1 = A little uneasy 2 = At ease 0 1 2

50 How do you usually feel when meeting people of your own age and opposite sex for the first time?

0 = Very uneasy 1 = A little uneasy 2 = At ease 0 1 2

51 Please choose the answer which describes your close friends.

0 = More are of my own sex
1 = I have about the same number of friends of both sexes
2 = More are of the opposite sex 0 1 2

52 When did you last go to a disco or party?

0 = Within the last week 1 = Within the last 2 weeks
2 = Within the last month 3 = Within the last 6 months
4 = Not within the last 6 months 5 = I have never been to either 0 1 2 3 4 5

53 Which of these is your main source of information about sex?

0 = My parents 1 = Teachers 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor, Family Planning clinic, etc.
5 = Stories in books and magazines 6 = TV, videos, films
7 = Posters, leaflets, reference books 0 1 2 3 4 5 6 7

Other (please write) .....

54 Which of these do you think should be your main source of information about sex?

0 = My parents 1 = Teachers 2 = Friends
3 = Brothers, sisters, other close relations
4 = Doctor, Family Planning clinic, etc.
5 = Stories in books and magazines 6 = TV, videos, films
7 = Posters, leaflets, reference books 0 1 2 3 4 5 6 7

Other (please write) .....

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Circle ONE number for each answer

55 Please think about each of the following statements.

0 = Disagree 1 = Not sure 2 = Agree

55a "There are lots of things about myself that I would like to change." 0 1 2

55b "When I have something to say in front of teachers, I usually feel uneasy." 0 1 2

55c "I often fall out with other pupils at school." 0 1 2

55d "I often feel lonely at school." 0 1 2

55e "I think other pupils usually say nasty things about me." 0 1 2

55f "When I want to tell a teacher something I usually feel shy." 0 1 2

55g "I often have to find new friends because my old ones are with somebody else." 0 1 2

55h "I usually feel foolish when I have to talk to my parents." 0 1 2

55i "I feel comfortable talking to other pupils at school." . . 0 1 2

56 How much do you agree or disagree with these statements?

0 = Disagree 1 = Not sure 2 = Agree

56a "I am in charge of my health." 0 1 2

56b "If I keep healthy, I've just been lucky." 0 1 2

56c "If I take care of myself I'll stay healthy." 0 1 2

56d "Even if I look after myself I can still easily fall ill." . . . 0 1 2

57 If you wanted to share any of the problems listed below, to whom would you probably turn?

Please choose the nearest answer

0 = Mother 1 = Father 2 = Mother and father
3 = Brother or sister 4 = Other relation 5 = Teacher
6 = Friend 7 = Employer 8 = No one

	Mother	Father	Mother and father	Brother or sister	Other relation	Teacher	Friend	Employer	No one
57a School problems	0	1	2	3	4	5	6	7	8
57b Money problems	0	1	2	3	4	5	6	7	8
57c Health problems	0	1	2	3	4	5	6	7	8
57d Career problems	0	1	2	3	4	5	6	7	8
57e Problems with friends	0	1	2	3	4	5	6	7	8
57f Family problems	0	1	2	3	4	5	6	7	8

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Circle ONE number for each answer

58 How much do you worry about the problems listed below?

0 = Never 1 = Hardly ever 2 = A little 3 = Quite a lot
4 = A lot

	Never	Hardly ever	A little	Quite a lot	A lot
58a School problems	0	1	2	3	4
58b Money problems	0	1	2	3	4
58c Health problems	0	1	2	3	4
58d Career problems	0	1	2	3	4
58e Problems with friends	0	1	2	3	4
58f Family problems	0	1	2	3	4
58g The way you look	0	1	2	3	4

59 When you have a problem, what do you do about it?

0 = No 1 = Yes

59a Talk to someone about the problem 0 1

59b Rest or sleep more 0 1

59c Smoke cigarettes 0 1

59d Think carefully about the problem on your own 0 1

59e Have a drink of something 0 1

59f Keep yourself busy and try not to worry about it 0 1

59g Watch TV more 0 1

59h Seek help for your problem in books or magazines . . . 0 1

59i Listen to music 0 1

59j Eat more (for example, sweets or chocolates) 0 1

59k Do nothing 0 1

59l Do something else *(Please write)*

. . . . . *Do NOT write in the boxes*

60 When did you get to sleep last night?

Please write the time 58

61 When did you wake up this morning?

Please write the time 59 60

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Circle ONE number for each answer

62 Does anyone in your family at home take any of these national daily newspapers regularly?

PLEASE TICK any that they do

Do NOT write in the boxes

Daily Express	*The Guardian*
Daily Mail	*Daily Mirror*
Daily Telegraph	*The Times*
The Star	*The Sun*
Today	*The Independent*
The Scotsman	*Daily Express (Scotland)*
Daily Record (Scotland)	

☐

If NONE of these newspapers are regularly in your home, please tick here .....

63a Have you had any of the following alcoholic drinks since this time last week? If so, please write how much of these drinks you have had.

Assume that one small can = half a pint

Shandy (canned)	..... *pints*	☐☐
Shandy (mixed)	..... *pints*	☐☐
Beer or lager	..... *pints*	☐☐
Low-alcohol beer or lager	..... *pints*	☐☐
Cider	..... *pints*	☐☐
Wine	..... *glasses*	☐☐
Low-alcohol wine	..... *glasses*	☐☐
Martini, Cinzano, sherry, Babycham, etc.	..... *glasses*	☐☐
Spirits (gin, whisky, vodka, rum, etc.)	..... *measures*	☐☐
Other (*please write*)		☐☐

.....

63b If you haven't had any alcoholic drink at all since this time last week, please tick this box ☐ **and go to Question 67.**

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Circle ONE number for each answer

64 If you have had alcoholic drink on any day since this time last week, please circle the number of days.

Do not include canned shandy and low-alcohol drinks 0 1 2 3 4 5 6 7

65 Have you bought alcoholic drink at any of these places since this time last week?

Do not include canned shandy and low-alcohol drinks

0 = No 1 = Yes

65a Supermarket	0 1
65b Off-licence	0 1
65c A pub or bar	0 1
65d Disco or club	0 1

66 Have you drunk alcoholic drink at any of these places since this time last week?

Do not include canned shandy and low-alcohol drinks

0 = No 1 = Yes

66a Your home	0 1
66b At a friend's or relation's home	0 1
66c At a disco, club or party	0 1
66d At a pub or bar	0 1

67 If you ever drink alcohol at home, do your parents know?

0 = I do not drink alcohol at home
1 = My parents always know
2 = My parents usually know
3 = My parents sometimes know
4 = My parents never know 0 1 2 3 4

68 Since this time last week, how often have you visited a pub or bar (even if you had nothing to drink)?

Please circle the number of times. If more than 7 times, circle 8 0 1 2 3 4 5 6 7 8

69 When you last visited a pub or bar, with whom did you spend most of your time there?

Please choose the nearest answer

0 = I have never been in a pub 1 = I was alone 2 = With my parents
3 = With brothers or sisters 4 = With a friend of the same sex
5 = With a friend of the opposite sex 6 = With a group of friends 0 1 2 3 4 5 6

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Circle ONE number for each answer

70 What do you know about these drugs?

This list gives their real names and some street names.

Please choose the nearest answer

0 = I have never heard of them
1 = I have heard of them but I don't know anything about them
2 = I think they are safe if used properly
3 = I think they are always unsafe

		Never heard of them	Know nothing about them	Safe if used properly	Always unsafe
A	**Amphetamines** *(e.g., speed, stimulants, uppers)*	0	1	2	3
B	**Barbiturates** *(e.g., downers, barbies, sleepers)*	0	1	2	3
C	**Cannabis** *(leaf form, e.g., grass, pot)*	0	1	2	3
D	**Cannabis** *(resin, e.g., hash, Leb black, moroccan)*	0	1	2	3
E	**Cocaine** *(e.g., crack, snow)*	0	1	2	3
F	**Ecstasy** *(MDMA, XTC)*	0	1	2	3
G	**Hallucinogens** *(natural, e.g., magic mushrooms)*	0	1	2	3
H	**Hallucinogens** *(synthetic, e.g., acid, angel dust, LSD)*	0	1	2	3
I	**Heroin** *(e.g., H, junk, skag, smack)*	0	1	2	3
J	**Opiates** *(e.g., morphine, Pethedine, Diconal)*	0	1	2	3
K	**Solvents used as drugs** *(e.g., glue, gas refills, cleansing fluid)*	0	1	2	3
L	**Tranquillisers** *(e.g., Librium, Valium)*	0	1	2	3

71 Has anyone ever offered or encouraged you to try any of the drugs listed in Question 70?

Please circle a number by their letters. Do not include prescribed drugs.

0 = No 1 = Yes

A	0 1	E	0 1	I	0 1
B	0 1	F	0 1	J	0 1
C	0 1	G	0 1	K	0 1
D	0 1	H	0 1	L	0 1

72 Have you ever taken any of the drugs listed in Question 70?

Please circle a number by their letters. Do not include prescribed drugs.

0 = No 1 = Yes

A	0 1	E	0 1	I	0 1
B	0 1	F	0 1	J	0 1
C	0 1	G	0 1	K	0 1
D	0 1	H	0 1	L	0 1

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Circle ONE number for each answer

73 Do you know anyone who you think takes any of the drugs listed in Question 70?

0 = No 1 = Not sure 2 = Fairly sure 3 = Certain 0 1 2 3

If you know the drugs they use, please circle the '1' by their letters below

A	1	E	1	I	1
B	1	F	1	J	1
C	1	G	1	K	1
D	1	H	1	L	1

Do NOT write in the boxes

73

The following five questions are about AIDS.

AIDS is caused by a virus called HIV. People may catch the virus and go on to develop AIDS. This is why these questions are about catching the HIV virus, not about 'catching AIDS'.

74 Can the HIV virus be passed on by any of the following?

0 = No 1 = Not sure 2 = Yes

74a	Drug taking — *by mouth*	0 1 2	
74b	Drug taking — *by injection (new needle)*	0 1 2	
74c	Drug taking — *by sharing needles*	0 1 2	
74d	Blood donations in UK — *giving blood*	0 1 2	
74e	Blood transfusions in UK — *receiving blood*	0 1 2	
74f	Touching skin/shaking hands	0 1 2	
74g	From lavatory seats	0 1 2	
74h	In First Aid — *mouth-to-mouth resuscitation*	0 1 2	
74i	In First Aid — *contact with blood*	0 1 2	
74j	Kissing — *light kissing (lips only)*	0 1 2	
74k	Kissing— *deep kissing (inside mouth)*	0 1 2	
74l	Sex — *male with female*	0 1 2	
74m	Sex — *male with male (gays)*	0 1 2	
74n	Sex — *female with female (lesbians)*	0 1 2	

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Circle ONE number for each answer

75 **Have you ever talked about AIDS with these people?**
0 = Never 1 = Once or twice 2 = A few times 3 = A lot

		Never	Once or twice	A few times	A lot
75a	Parents	0	1	2	3
75b	Brothers, sisters	0	1	2	3
75c	Close relations	0	1	2	3
75d	Friends	0	1	2	3
75e	Teachers	0	1	2	3
75f	Doctor, or nurse at clinic	0	1	2	3

76 **Have any of these taught you useful facts about AIDS?**
0 = No 1 = Some 2 = A lot

76a	TV adverts	0	1	2
76b	TV programmes	0	1	2
76c	Newspapers	0	1	2
76d	Posters	0	1	2
76e	Leaflets	0	1	2
76f	School videos	0	1	2
76g	School lessons	0	1	2

77 **Do you worry about catching the HIV virus yourself?**
0 = Not at all 1 = A little 2 = Quite a lot 3 = A lot
4 = I don't think about it 0 1 2 3 4

78 **Do you think that you will take precautions against catching the HIV virus?**
0 = No 1 = Not sure 2 = Yes 0 1 2

Do NOT write in the boxes

9	9	9	9

35			

THE END!

Thank you for completing this questionnaire

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Some publications of the Schools Health Education Unit

Young People in 1991 ..... ***£20.00***

This report is the sixth, in a series of annual reports, on results from 23,928 secondary-school pupils between the ages of 12 and 16, who have completed the Health Related Behaviour Questionnaire survey method.

Video pack: 'The Extra Guest' ..... ***£12.50 + VAT***

This was developed to support alcohol education in secondary schools. The well-received video depicts a teenage party, and the materials include substantially researched guidelines for its use, and worksheet masters.

Alcohol Education in Schools. ***£20.00***

A report on the nature and scope of alcohol education in a nationwide sample of secondary schools, with an analysis of the possible effect of alcohol education on drinking behaviour, an evalutaion of some widely-used resources and recommendations for good practice.

We teach them how to drink! ***£2.50***

Analysis of young people's most frequent sources of alcohol indicate that the home, and parental approval, have a strong influence. The report studies this link and suggest that parents need to decide where they stand on the issue.

Parents and health education ***£7.50***

A distillation of 5037 comments made by 3507 parents of primary-school children who answered a Unit questionnaire in the course of a nationwide survey. The comments are grouped into 30 separate topics, including home-school conflict, shock-horror methods, race and religion, the hidden curriculum, etc.

Health education priorities and the primary school curriculum ***£11.50***

The report of a national study of 28,257 pupils, parents, teachers and health-care professionals. It is shown that some topics have a high priority for all groups, but that others show considerable disagreement. To resolve these differences is a challenge, but the overall high approval of Health Education topics is reassuring.

Video pack: 'Drawing the Line' ..... ***£30.00 + VAT***

This revised version has been developed to provide support for work in secondary schools on sexual relationships and HIV/AIDS. The pack includes a video plus extensively trialled teachers' materials for use in the classroom.

22b. What are your total savings in these schemes at the present time? ..... £82.00 p

77 | 3 | 0 | 0 | 0 | 8

23. Have you spent money on any of the following in the last 4 weeks?
(Please circle an answer on each line.)

	Yes	No
Sweets, chocolate, ice cream, etc.	(1)	0
Comics, magazines	(1)	0
Books	1	(0)
Cigarettes	1	(0)
ft drinks	(1)	0
holic drinks	(1)	0
to discos, etc	1	(0)
, train fares	(1)	(0)
footwear	(1)	(0)
	(1)	0
o tapes	(1)	0
	1	(0)
	1	(0)
	1	(0)
	1	(0)
	(1)	0
	1	(0)
all, etc.)	(1)	0
	(1)	0
	1	(0)
	(1)	0
	1	(0)

77 | 3 | P

answer in both sections.

How OFTEN do you eat these foods?

	On most days	At least once a week	Less than once a week	Rarely or never
	(1)	2	3	4
	(1)	2	3	4
	(1)	2	3	4